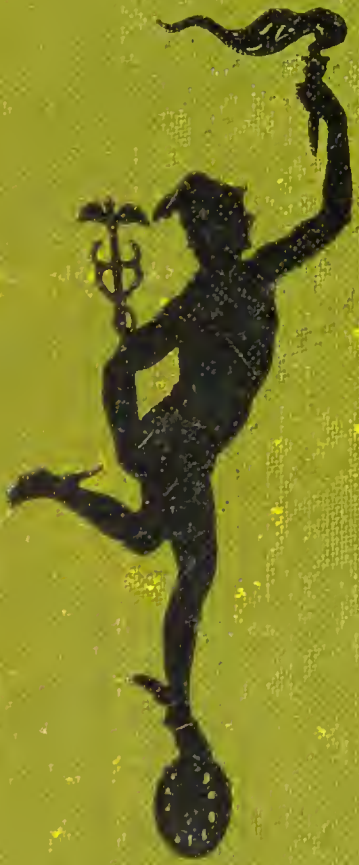
THE BROADLANDS COOKERY-BOOK



KATE EMIL BEHNKE
AND
E. COLIN HENSLOWE

London Borough of Camden

Swiss Cottage Library
88 Avenue Road
LONDON
NW3 3HA

Tel: 01 278 4444
Extensions:
Book Renewals 3021
Lending Library 3012

This book is due for return on or before the date stamped below. The period of loan can be extended if the book is not reserved (please ask for details of renewal facilities)

Fines are charged on overdue books

Lending Library hours Mon-Fri 9.30-8 Sat 9.30-5

THE BROADLANDS COOKERY-BOOK

THE BROADLANDS COOKERY-BOOK

A COMPREHENSIVE GUIDE TO THE PRINCIPLES AND PRACTICE OF FOOD REFORM

BY

KATE EMIL BEHNKE

AND

E. COLIN HENSLOWE

SECOND EDITION, REVISED

LONDON

G. BELL AND SONS, LTD.

YORK HOUSE, PORTUGAL STREET

1911

CHISWICK PRESS: CHARLES WHITTINGHAM AND CO.
TOOKS COURT, CHANCERY LANE, LONDON.

FOREWORD

In response to numerous requests, this cookery-book, embodying the dietetic principles in practice at the Broadlands Nature Cure Sanatorium, Medstead, Hampshire, is issued.

The aim of the authors has been to bring under one cover everything that is necessary for the guidance of those desirous of adopting a non-flesh dietary.

The plan of the work is somewhat novel. Three types of diet are given: the first, for those to whom a non-flesh régime is entirely new, so arranged that by the use of savoury dishes meat shall not be missed, and the transition shall present no difficulties; the second, of a more simple nature, easy to carry out, and expressly planned to meet the needs of the majority; and the third, what might be termed the ideal diet. The menus for a number of meals of the three diets are given, so that persons at all stages can suit themselves, or pass gradually from one to the other; and as care has been taken in drawing them up to secure an approximately correct balance of the various food elements, the beginner need not trouble himself on this score, and it will soon be found that natural instinct in the matter will assert itself.

Another feature, which in its novel arrangement is

hoped will supply a great want, is the Invalid Section. Here will be found graded menus which carry the invalid from the mere fruit-juices suitable to acute conditions, by carefully arranged stages, to convalescence and recovery.

The authors wish to express their indebtedness to the following authorities: Dr. Abramowski, Dr. Harry Campbell, Professor Chittenden, Professor Irving Fisher, Mr. Horace Fletcher, Mr. C. W. Forward, Dr. Alexander Haig, Professor Jules Grand, Dr. Lahmann, Dr. Potts, the Hon. Rollo Russell, Dr. Daniel Sager; and to advise readers who wish for more information than can be given in these pages to consult their works.

BROADLANDS,
MEDSTEAD,
HAMPSHIRE.

CONTENTS

PART I

PART II

PART I

THE BROADLANDS COOKERY-BOOK

THE CASE FOR A NON-FLESH DIET

"Man is provided neither with the teeth to cut flesh, nor the power to hold its poisonous salts in solution and pass them out of his body; whilst the carnivore is provided with these powers to a very considerable extent."—DR. ALEXANDER HAIG.

THOUGH it is hardly necessary in such a book as this to argue the respective merits of a flesh or non-flesh dietary, it being assumed that those who make use of it have adopted, or have decided to adopt, the latter, it will be as well briefly to review them.

There is still a tendency, though undoubtedly a lessening one, to look upon vegetarians either as ignorant sentimentalists, who place an exaggerated value on animal life, or as food faddists, unfortunate creatures who are not able—or fancy they are not able—to digest the ordinary mixed diet. The idea that man's natural diet is a non-flesh one is laughed to scorn by the majority in the West, in ignorance of the fact that more than one-half of the world's inhabitants are not flesh-eaters. The attitude of the meat-eater towards the vegetarian is decidedly amusing. He first assumes that the constitution of anyone attempting to live without meat will inevitably be undermined, and warns the rash one that an illness will soon show him how lamentably he has lowered his whole vitality and powers of resistance; and when his gloomy prophecies are not

only unfulfilled, but the vegetarian has developed new powers of endurance and a singular immunity to illness, the meat-eater falls back upon the assumption that, though a non-flesh diet may suit a peculiar few, meat is indispensable to the majority. Indeed, even amongst vegetarians there is a tendency to acquiesce in the latter view.

It is, of course, a fact that the majority of English people who have discarded meat have done so from one or other of the above-mentioned motives—*i.e.*, either on humane grounds or because ill-health has forced them to it; but whichever was the motive in the first place, the two usually merge before long, those adopting a non-flesh dietary on humane grounds finding their own health and powers of endurance increase, and those who were compelled to it by ill-health gradually finding the humanitarian aspect forcing itself more and more irresistibly upon them.

Both classes, however, are apt to lay themselves open to criticism for want of more knowledge of the principles of nutrition, and, indeed, the humanitarians sometimes give themselves into the hands of the enemy by merely dispensing with meat and attempting to live upon its usual adjuncts—white bread, badly (*i.e.*, unscientifically) cooked vegetables, etc.—and thus in many cases coming to grief with their health. And many who are forced into it by ill-health are apt, unless they acquire true knowledge on the subject, or are guided by those who understand it, to become "diet cranks," ever trying experiments and wearying their friends with what gradually becomes almost their only topic of conversation. It is in the hope of helping both classes that it has been decided to include explanatory matter in the "Broadlands Cookery-Book"; whilst perhaps even those who are already living on these lines may welcome the bringing together of recent opinions of leading medical authorities, for there seems to be an awakening on all sides as to the need for more exact

knowledge on this all-important subject. An encouraging sign of the times is the recent formation of the National Food Reform Association, whose courteous secretary is ever ready with information for inquirers. Dr. Charles Reinhardt, in his book "One Hundred and Twenty Years of Life, and How to Attain Them," says: "The inevitable conclusion to which we are forced is that the chief cause of physical suffering, disease, and premature old age, is the fact that few persons take the diet best suited to their requirements. The average individual has little knowledge of the science of dietetics, and medical men have too often contented themselves with prescribing medicines instead of regulating the food, both as to quantity and quality." And again: "It is probable that more can be accomplished by careful and scientific regulation of the diet to individual needs than by the use of all the contents of the Pharmacopœia." Now, what is the diet best suited to our requirements? We venture to think that physiology shows conclusively that it is a frugivorous one.

The facts can be most conveniently considered under the following headings:

PHYSIOLOGY.

Leading physiologists and naturalists are agreed in classing man with the Frugivora. It is obviously impossible within the limits of such a work as this to give quotations on this matter. Readers desirous of more information are referred to the chapter called "Man a True Frugivore," in "The Food of the Future," by C. W. Forward, where passages are quoted from such authorities as Darwin, Cuvier, Linnæus, Professor Owen, Laurence, Schaafhausen, Frederick Houssaye, etc., showing conclusively that man is a frugivore. We cannot do more than briefly state some of the points which prove this.

TEETH.—The teeth of man have not the slightest resemblance to those of the carnivorous animals. Dr. Alexander Haig, in his "Diet and Food in Relation to Strength and Powers of Endurance," says that he has found such widespread ignorance on this point that he gives pictures of the side view and biting edges of the teeth of a man, an ape, and a carnivore, and also a photograph of an impression on wax of the same teeth. The absolute similarity between those of the man and the ape, and the absolute dissimilarity between them and those of the carnivore, is so evident as to render comment superfluous. Dr. Haig goes on to remark that man need not try to persuade himself that a few centuries or even a few hundred centuries of meat-eating in defiance of Nature have endued him with any new powers, for the record of the teeth shows that human structure has remained unaltered over vast periods of time.

MOUTH DIGESTION.—The Carnivora tear their food with their teeth, and swallow it immediately. The Frugivora and Herbivora grind or masticate the food to a pulp in the mouth. By this means their food undergoes an indispensable preliminary digestive process, its starchy elements being converted into sugar by the action of the salivary ferment ptyalin. *This ferment does not exist in the saliva of the Carnivora, and its presence in the saliva of man is an unassailable proof that man is a frugivore.*

THE STOMACH.—In man and the Frugivora the single stomach is divided into cardiac and pyloric portions, but this feature does not occur in the Carnivora. Not only in structure is the human stomach different from the stomach of the carnivore, but also in function.

ALIMENTARY CANAL.—The alimentary canal of man is between ten and twelve times the length of his spinal column, and in the Carnivora it is only from three to five times the length of the spinal column.

THE SKIN.—Another important point of difference is that the Carnivora do not perspire by means of the skin, whereas man does. Dr. Lahmann says: "*Now, as man is subject to sweating, it is evident that he wa not intended to live on flesh, but on vegetables, or rather on fruits.*"

NATURAL INSTINCT.

Dr. Haig points out, as has already been quoted, that centuries of meat-eating in defiance of Nature have not altered the human structure. Nor for the most part has it altered the natural instinct for the right food. It is rare that children take spontaneously to meat; on the contrary, they as a rule have a great aversion for it, and have to be coaxed or bullied into taking it, whereas fruit appeals to them instantaneously. It is small wonder that here and there their dislike for meat is quickly overcome, or that possibly in some cases they take to it at once, for every effort seems to be made to undermine their natural instinct. For instance, there is actually a preparation of suet advertised which is to be stirred into their milk, and it is claimed that it is shredded so finely that "children will take it without noticing it."

It must be evident to any thoughtful observer that there is something wrong with the upbringing of children, or there would not be such a constant succession of childish ailments — ailments which are accepted as inevitable. It is a fact that children brought up on a non-flesh diet escape these ailments to a large extent, or have them extremely lightly. The young of animals are not constantly ailing, and neither would the young of human beings be so if the laws of Nature were followed, and of these laws surely the most important is that food suitable to their physiological structure should be given. People seem to take more trouble to ascertain what is the right thing to feed their horses and dogs on than they do to ascertain what is right for their children.

DANGERS OF FLESH-EATING.

"The eating of much flesh," wrote Porphyrius in A.D. 233, "fills with a multitude of diseases."

Evidence is accumulating on all hands which shows conclusively that the consumption of flesh is directly responsible in many cases for, and at least a contributory factor in, a large proportion of the most serious diseases, such as cancer, consumption, insanity, appendicitis, gout, rheumatism, neurotic troubles, etc.

In "The Reduction of Cancer" the Hon. Rollo Russell has brought together a remarkable compilation of statistics and opinions of leading medical men, showing that the cancer rate increases in proportion with the use of meat, hard cheese, alcohol, tea, coffee, and tobacco. Now, it is well known amongst food reformers that on a properly balanced non-flesh diet the taste for these things largely, if not entirely, disappears. With regard to consumption, it has been stated that 80 per cent. of the meat sent to market is tuberculous, and that to exclude it would leave the public without a supply. Further, the present method of inspection is little protection, for in its incipient stages the disease can only be detected by microscopic examination. Dr. Niven stated before the Sanitary Congress (1) "that ordinary processes of cooking do not destroy the infectious material in the deeper-seated glands, and (2) that the danger from eating such meat is underrated."

Dr. Church Paterson, in his "Nervous and Mental Diseases," says that research has "established that auto-intoxication from the absorption of poisonous substances generated in the alimentary canal by putrefaction and fermentative processes is not only a real thing, but a frequent factor in the etiology of a number of nervous disorders, such as headache, neurasthenia, hysteria, neuralgia, and even graver maladies, like epilepsy, melancholia, mania."

A sufficient commentary on the above opinions is the fact that the physician to the Monastery of Grande Trappe—where the diet is a non-flesh one of the simplest kind—met with no case during twenty-seven years of apoplexy, aneurism, gout, epidemic disease, or cancer.

DRINK.—"The more flesh food is used, the more serious is the danger of confirmed alcoholism," said Dr. H. B. Fowler, who was for forty years lecturer on dipsomania.

Dr. C. E. Macnamara says: "Meat should be avoided by the man who would utilise his will to conquer his drink crave. I have never had to treat a dipsomaniac who was also a vegetarian, nor, indeed, have I heard of one." Dr. Jules Grand, in his "Philosophy of Diet," says that "the excitement produced by meat is one of the causes of alcoholism, and that one of the sure means of curing it *definitely* consists in suppressing the use of meat and exciting food." The success at the Salvation Army Inebriates' Home in the cure of the drug habit and chronic alcoholism since the adoption of a non-flesh diet is most striking. The Warden has said that in the past "it has meant bed and medicine for weeks, even months, before they could be pulled together; but since adopting food reform, the worst of them are up and about in less than a fortnight; many are much better in a day or two." The successes achieved have been so great that the Warden wishes the use of this diet could be made compulsory in all inebriates' homes, "as the results are only, and always, good in every case."

If no other argument could be advanced in favour of a non-flesh diet, this one alone should surely be all-sufficient.

THE ETHICS OF FLESH-EATING.

It is strange that the ethical aspect of flesh-eating is so little considered, particularly as it is of a twofold nature—viz., that, besides the animal suffering, there

is the effect on the people employed in the trade of slaughtering, and in a more general way the blunting of our finer feelings by the revolting sight and smell on every hand, as we go along the streets, of the corpses of fish, birds, and animals, the latter in every stage of dismemberment and disembowelment. It is difficult to understand how such can be tolerated, and tolerated it would not be if we had not allowed our natural, rightful fastidiousness to become blunted. How many people, for instance, see anything incongruous in the carnival of slaughter with which the festival of Christmas —the peace festival—is celebrated. To look round at the poulterers' and butchers' shops just before Christmas is to make one reflect in amazement on such an interpretation of the words, "Peace on earth." The whole thing shows a callousness and a lack of imagination which is not to our credit. Many people, however, have an uneasy feeling on the matter, which they try to keep at bay on two grounds—first, because they believe that meat is necessary to their existence; and, second, because they believe that the slaughtering of animals is now so humanely conducted that little or no suffering is involved. The smallest amount of inquiry, however, shows these two beliefs to be entirely without foundation. Not only is meat not essential as food for human beings, but—as has been shown—their organisation is in many important respects not adapted to deal with it. Its consumption in defiance of this is held, by those who have studied the matter, to be directly responsible for a great many illnesses, both acute and chronic; and in the vast majority of cases those who have discarded it have benefited immensely in health.

With regard to the suffering of the animals, it should be understood that this is in no way covered by the question as to humane slaughtering. Under the best possible conditions the whole thing is inevitably and unavoidably bound up with cruelty. Moreover, the attitude towards the animals of those employed in the cattle trade must

necessarily be affected by the fact that they are destined for slaughter. Eyes are burnt or gouged out, tails are twisted, ribs broken, severe bruises from blows inflicted, in driving the terrified creatures into the slaughter-yard, etc. A protest from a bystander simply elicits the callous remark, "They're going to be killed."

As to the slaughtering, it is a fact that bullocks are struck again and again with the poleaxe before the killing is accomplished. Hide merchants receive skins in which ten to twenty punctures are found in the head. *Think what this means!* At the time of writing (1909), the writers know someone living near the slaughter-yard at a large port of disembarkation for cattle, and it is of frequent occurrence that the men send up to her house from the slaughter-yard to beg for a cartridge to shoot a bullock which repeated blows have failed to kill. Even if legislation could secure instantaneous and painless slaughtering, nothing can alter the fact that as long as animals are sent alive by road, rail, or sea, so long will terrible suffering be inflicted. Severe bruising or shaking, frequent broken limbs, a state of piteous fright, hunger and thirst—for cattle are frequently without food or water for anything from twelve to thirty-six, or even fifty or sixty, hours before slaughtering — these are the inevitable conditions between the time of leaving their pasturage and arriving at the last stage of their sufferings. Anybody who has lived near a port of disembarkation, or where animals are detrained, will be aware of the truth of these statements, and it is the bounden duty of those who have never had this infinitely saddening experience to *verify or disprove them, because as long as they are partaking of flesh they are directly responsible for the cruelty involved.*

The fact that we have no personal share in the matter absolves us not at all; in fact, it makes our responsibility all the greater, for we are bound to ask ourselves whether we have any right to expect other members of the community to do a thing for our

personal advantage which we should shrink from doing ourselves. A great many people would give up meat at once if they had to catch, kill, skin, disembowel, and prepare for cooking, the animals whose flesh they consume.

Very full details, and an immense amount of valuable information upon the cruelty involved in a flesh diet, are given in the chapter entitled "Ethical Considerations" in "The Food of the Future," by C. W. Forward, and in the chapter "The Ethics of Diet" in "Food and Health," by Arthur E. Powell; and food reformers are advised to read them, as it is impossible to deal more fully with the matter in such a book as this.

The second point to be considered in the ethical aspect of flesh-eating is that the trade of slaughtering is injurious to the health, and degrading and brutalising morally. The mortality amongst butchers is greater than amongst any other class except innkeepers and beer-shop-keepers, and they have one of the highest rates for cancer. In Chicago, where slaughtering is carried on on such a phenomenally large scale, crimes of violence are common amongst the slaughterers. Let these facts be fairly faced, and then let us ask ourselves whether we are justified in exacting our pound of flesh.

THE DANGER OF BEING OVERRUN BY ANIMALS.

This is an argument frequently put forward by those endeavouring to defend or justify flesh-eating. It is an argument which hardly seems to need combating, but it may, perhaps, be as well to point out that animals are at present part of our commerce, and that their supply is regulated by the demand. But, further, should such a contingency arise, they can be shot and decently disposed of on the spot. It is neither necessary to inflict upon them before putting them to death the countless

tortures of long journeys by road, rail, or sea, nor is it necessary that we should dispose of their corpses, like cannibals, by eating them.

ECONOMIC ADVANTAGES OF A NON-FLESH DIET.

These are immense. It would bring land back into cultivation, and give employment to large numbers of people. The late Dr. C. D. Hunter stated that 42 men could be supported on 100 acres devoted to sheep-raising, and on the same amount of land 53 on a dairy farm, 250 on wheat, and 683 on potatoes. It is definitely stated, as a result of calculation of this kind, that the British Isles could produce sufficient food to support the entire population were the latter vegetarian instead of flesh-eating.

For further information as to the immense economic gain a non-flesh diet would be to the nation, see the admirable and striking chapter on this subject in "The Food of the Future," by C. W. Forward.

PHYSICAL ENDURANCE.

Abundant evidence is forthcoming as to the superiority of a non-flesh diet for feats of physical strength and endurance. In every branch of athletics championships are held by non-flesh eaters. In instances too numerous to mention, the latter were the only ones to reach the goal. To quote one alone:

In the Long Distance Walking Race from Dresden to Berlin, held during the 1902 Whitsun holidays, eighteen vegetarians and fourteen non-vegetarians competed. Amongst the non-vegetarian competitors were Boege (champion of Germany) and Stantics (champion of Austro-Hungary). Despite this fact, the first six to arrive at the winning-post were vegetarians. Mann, who won, covered the 201 kilometres (125 English miles) in 26 hours 58 minutes, and beat the world's amateur

record as early in the race as 50 kilometres (31¼ miles) in 4 hours 58 minutes. Of the thirteen who completed the full course, only three were flesh-eaters. These finished seventh, eighth, and thirteenth respectively.

In America some experiments yielding the most striking results have been made. Flesh-eaters and flesh-abstainers have been subjected to severe tests of physical endurance, and the average record of the flesh-eaters was in one class of experiments only half of that of the flesh-abstainers, and in another class of experiments less than two-thirds of that of the flesh-abstainers. For detailed account, see "The Influence of Flesh-Eating on Endurance," by Professor Irving Fisher.

Further, it is well known that all over the world the people who are capable of the hardest work and have the greatest staying power are non-flesh eaters; and not only this, their food is of the simplest and scantiest. Coolies, Chinese and Japanese, employed in coaling, in running with rickshaws, drawing heavy Europeans, and Hindu runners, who daily run sixty miles, live practically on rice. The Turkish soldiers and the porters of Constantinople and Salonica rarely touch meat, neither do the Russian and Norwegian peasants, nor the South American miners who carry burdens of 200 pounds on their shoulders, with which they climb an average of twelve miles daily. The athletes of ancient Greece and the Roman gladiators were trained upon grain and oil; the daily rations of the Roman soldier were a pound of barley, three ounces of oil, and a pint of thin wine; the diet of the Turkish armies of the Middle Ages was corn, beans, figs, and onions. In the whole world there are probably no people who can equal the Arabs in endurance, and, as is well known, they subsist for days in the desert, covering great distances, upon a handful of dates.

BRAIN WORK.

So many people have discovered that they can use their brains better on little or no meat, that it would hardly seem necessary to allude to the advantages of a non-flesh diet in this respect, were it not that the writers have encountered the theory lately, put forward with considerable vehemence, that though a non-flesh diet may be better for athletes and for those taking strong physical exercise and living chiefly an outdoor life, meat is indispensable for those living a sedentary life and doing brain work. We venture to assert that the non-flesh diet that did not conduce to greater readiness for brain work must have been a singularly ill-chosen one. The diet which gives such astonishing results in physical fitness and endurance can surely not be less effective for brain work. Those who think so cannot be aware that some of the world's greatest thinkers and brain workers have been vegetarians, amongst these being Pythagoras, Plato, Socrates, Paracelsus, Plutarch, Seneca, Milton, Goldsmith, Rousseau, Newton, Benjamin Franklin, Lionardo da Vinci, Wagner, Newman, Shelley, Sir Isaac Pitman, Professor Newman, Professor Mayor, Schopenhauer, General Booth, Tolstoi, Mrs. Besant, Bernard Shaw, Canon Lyttelton, etc. Many of these have stated that they found themselves much more full of mental energy after adopting a non-flesh diet.

In concluding this brief summary of the case for a non-flesh diet, we should like to put one question: Can any advantage, and if so what, be claimed for a flesh diet that will compensate for its many disadvantages?

MASTICATION

"The evils resulting from inefficient mastication are many and serious. The immediate evils, such as overeating, indigestion, adenoids, dental caries, and pyorrhœa alveolaris (*Rigg's disease, the great cause of the premature loosening and shedding of the teeth observed among latter-day civilised peoples*), are bad enough; but, when we consider the secondary evils to which these primary ones give rise, we must come to the conclusion that an appalling amount of misery and suffering may be saved by the simple expedient of inculcating the habit of efficient mastication."—DR. HARRY CAMPBELL: *The Lancet*, July 25, 1903.

IT will be seen from the above quotation that it is impossible to lay too much stress on the importance of acquiring the habit of thorough mastication. It is particularly necessary for those adopting a non-flesh diet in adult life to examine their habits in this respect, because it is not natural to masticate flesh foods to any extent, and consequently people who have been accustomed to a meat diet will probably masticate very little. It will be remembered that the Carnivora can hardly be said to masticate at all; they merely tear off portions of flesh and swallow them practically whole, and animal food does not need the same amount of mastication as vegetable food, since it is not digested in the mouth. All starch food *must* be predigested in the mouth, or it will ferment in the stomach. The most common form of indigestion is starch indigestion, and this is due entirely to the failure to convert the starch into dextrine and maltose in the mouth by the action of the saliva. It must be understood that mouth digestion is the first of a series of changes of the food

which constitutes digestion, and, moreover, it is the only one over which we have control. The rest will take care of themselves if we perform this one and only voluntary part of the work properly. The stomach is *not* capable of grinding and reducing food, and if we fail to do this in the mouth we throw all the succeeding processes out of gear, for they cannot take place properly unless the mouth work has been properly done. "Hastily-eaten food ferments, putrefies, or rots, in varying degrees in some part of the alimentary tract, and this destructive fermentation contributes towards making impure blood, which produces the one main, general disease to which all local diseases or symptoms are traceable," says Dr. Sager.

Those who would acquire the habit of thorough mastication should avoid soft foods and soups, at any rate for a time, and when they are taken a hard, dry biscuit should be eaten with them. A mouthful of food should be chewed any number from 50 to 100 times. This sounds terrifying, but if the attention is turned to the enjoyment of the taste of the food, this number will be achieved without the least weariness. Go on chewing as long as flavour can be extracted from the food; the longer it is chewed, the more delicious it will be. The first thought on hearing such a direction is that meals would be never-ending. This is not so, however, for the more we chew, the less we eat. Remarkable though it may seem, it is a fact that thorough mastication will automatically regulate both our selection of food and the right amount to eat.

For further information on this all-important matter we would refer readers to "The A, B—*Z* of Our Nutrition," by Horace Fletcher, whose investigations have been epoch-making, leading as they have done to his theories being tested and proved at Cambridge and at leading Universities in America. The results of the experiments demonstrated so great an increase of endurance as to seem at first incredible. Throughout it

was found that, as more and more thorough habits of mastication were formed, less food was eaten, and the powers of endurance increased.

A full account of the experiments carried out at Yale University is given in a pamphlet by Professor Irving Fisher, entitled "The Effect of Diet on Endurance, based on an Experiment in Thorough Mastication with Nine Healthy Students."

FOOD COMBINATIONS

"The subject of food combinations deserves the serious attention and study of every individual. If the importance of the subject were more generally understood, there would be far greater simplicity in our diet."—DR. DANIEL SAGER.

THE science of food combinations has had little attention, and is as yet comparatively little understood, and on the whole nothing beyond the general direction not to eat a great variety of foods at the same time is given. Everyone knows the disastrous effects of "mixing" wines, and the result of observations made at the Broadlands Sanatorium has been that the effect of "mixing" foods is, though not so obvious, little less disastrous. The relief to a disordered digestion, for instance, of making a meal on one article of food alone is remarkable. Probably the excellent health formerly enjoyed—now, alas! becoming rarer with the freer use of more "luxuries" in feeding—by the Highlanders, the Irish peasantry, etc., was due largely to the fact that an entire meal would be made of porridge and milk or potatoes and milk.

Into wrong combinations on a flesh diet we need not of course enter, though it will be evident that the danger, owing to the large variety of foods consumed at the same meal, must be greater than on a non-flesh diet. Fruits taken alone are the most easily digestible and wholesome of all foods, but when taken with vegetables, meats, milk, fat, cream, sugar, etc., considerable discomfort may be experienced, the blame for which is usually assigned to the fruit instead of to the unwise

mixture. Fruit should be eaten without cream, custard, sugar, etc. The practice of adding sugar to unripe or acid fruits, either in cooking or to raw fruits, must be entirely condemned. Adding sugar does not ripen the fruit, and that which is not ripe enough to eat without sugar, or which is too acid to be palatable, is best left alone. Fruit-cures upon properly selected fruit have produced really remarkable results in many chronic diseases of long standing, such as kidney or Bright's disease, disorders of the liver, constipation, etc. The system is relieved entirely of the work of digesting starch; the fruit juices are curative and cleansing, and have a particularly beneficent effect on the liver.

Fruits and the coarser vegetables—*i.e.*, all such vegetables as do not resemble fruits in structure—do not combine well, chiefly because their respective digestive action is so different. Therefore, when discomfort is experienced from eating fruit, it should be ascertained whether it is occasioned by unsuitable combinations, or whether it is due to any curative action of the fruit. It must also be borne in mind that tinned and bottled vegetables and fruit may have been treated with preservatives, some of which are extremely dangerous; so that when a person whose diet is correct experiences discomfort after taking preserved vegetables or fruit, the discomfort should possibly be ascribed to a preservative, and not to the fruit, or to fruit which has been chemically dried instead of sun-dried. Dr. Abramowski speaks of acidity of the stomach, or actual stomach-ache, being caused by sulphurised or dipped fruit or by unsuitable food combinations. Cooked vegetables or fruit taken separately may agree with a person, but taken together they may cause considerable discomfort. Of course, a healthy person who insalivates his food thoroughly may not experience any difficulty; but even so, as a matter of practical experience, we can testify to its being better to adhere to suitable food combinations. There is very little difficulty about this

as a rule, nor does it necessitate any particular conscious attention after a very short time, for tastes speedily become simple, and instinct may be trusted to make the right selection.

Unsuitable food combinations are fruit and vegetables; milk and vegetables; milk and sugar; fats with fruits or vegetables, or cooked with grains.

Suitable combinations are fruits and nuts; grains, nuts and fruits; fruits and grains; milk and grains; eggs and grains; vegetables and grains; nuts and grains.

Nuts combined with fruits constitute a perfect diet, for the fat in the nuts and the sugar in the fruits are in their natural and balanced condition, and are more easily assimilable than in any prepared form.

On a cooked diet of the ordinary kind, where vegetables and fruit appear at the same meal, it would probably be preferable to discard the vegetables in favour of the fruit. Their food value is low—excepting the pulses (peas, beans, lentils), which are, of course, ruled out for many people owing to their uric-acid-forming properties—and the very thing which renders them a highly important factor in diet is, as a rule, thrown away through wrong cooking—viz., the food-salts, without which, moreover, they are extremely indigestible.

Where pulse foods are taken, Dr. Lahmann advises that green vegetables, conservatively cooked (see next chapter), shall always be eaten with them.

A properly combined meal would be: A cereal, nuts, fresh fruit, and dried fruit, such as raisins or dates. If all these are uncooked, a salad may be taken at the same meal. It will usually be found that foods in their natural condition combine.

At the same time, it should be remembered that there may be conditions of health in which these foods, even in their natural state, will not combine well. For instance, fruit and salad may not agree in some cases. In others, the cereal may not combine with the fruit. In others, again, the dried fruits may cause trouble. It

is impossible to lay down any hard-and-fast rule; but in the main healthy persons will find, as above stated, that cereals, nuts, fresh fruit, dried fruit, and salads combine perfectly in their natural conditions, and where any difficulties exist, the bringing about of a normal, healthy state will probably be achieved by the adoption for a time of either a fruit or salad régime.

It is a fact which is surprising to people accustomed to the usual mixed diet, that a comparatively small meal of such foods as these is satisfying and staying. Where food is not "balanced" and properly combined, twice the amount will be taken without producing the same feeling of satisfaction and well-being. It will be noticed that all danger on the score of uric-acid-forming foods vanishes on such a dietary. Further, it can be confidently stated that the palate will not tire of it—the surest proof that it is our right and natural food.

"CONSERVATIVE" COOKING

"Vegetables, as ordinarily cooked, are almost entirely deprived of their food salts, so that *a reform of the present system of cooking* is most necessary. A blood rich in food salts profits more by all foods, digests and burns them more completely."—DR. H. LAHMANN.

A SERIOUS mistake is made in the cooking of vegetables in this country. It is the almost universal custom to boil them in a considerable amount of water, which, when serving, is strained off and thrown away. Anyone who thought of cooking meat in such a way—throwing away the gravy, and serving the mere boiled rag which remained—or of throwing away the juice of oranges, pine-apples, etc., and serving the pulp only, would indeed be thought incompetent; and yet it is precisely such a piece of folly which is perpetrated daily in the cooking of vegetables, rice, macaroni, etc.

Now, the nutritive value of most vegetables is low. Their chief value lies in the important food-salts they contain, of which, by this ignorant, unscientific method of cooking, they are deprived, leaving a highly indigestible substance of little value. It will thus be seen how unfortunate for the cause of food reform the term "vegetarian," as most frequently interpreted, is. Certain disaster awaits those who simply omit fish and flesh, and endeavour to live upon the ordinary adjuncts thereto in the shape of vegetables, sweets, and white bread. Small wonder that those who try to live in this way look half-starved. Indeed, they are much worse off than if they were fasting—which may frequently be

highly beneficial—for they are trying to assimilate the unassimilable.

It must be clearly understood that all foods must be cooked and served in their own juices by a process of either steaming, stewing, or baking. To do otherwise is unscientific, wasteful, and a perversion of natural chemistry. For particulars as to the manner in which conservative cookery is carried out, see the remarks on Cooking Utensils, and directions in the recipes themselves. If water is used, it should be in only sufficient quantity to cover the food and prevent it from burning, and any liquor produced in the cooking should be used for gravies, with, perhaps, the addition of some thickening, or put aside for stock; but, if in any way possible, it should be utilised at the same meal, so as to keep the natural balance of the food.

The principles of conservative cooking, therefore, include keeping the natural balance of foods.

It should be noted that those who are trying to give up the use of common salt will find it much easier when their vegetables are conservatively cooked, for they then retain all the natural flavour, which becomes more and more apparent and delicious to the palate which has discarded salt and condiments.

THE QUALITY OF FOOD

"Under average commercial conditions, the best rule is to get your food first-hand from Nature, and, as far as possible, to know what it is and where it comes from."—DR. ALEXANDER HAIG.

IT is a matter for surprise, to those who appreciate the paramount importance of pure food, to find what utter carelessness prevails on this subject. Even in households where money is literally no object, and early delicacies are provided regardless of expense, inferior articles of food in the preparation of dishes are constantly used as a matter of course. Let it be stated uncompromisingly that no standard is too high for the perfect purity and condition of every article of food and every ingredient that is used. In well-to-do households there is absolutely no excuse for using anything less good than the best in every department, and even in the houses of the poor, by a judicious selection of food, such articles as are most usually of doubtful quality need not be employed. No article of food that is not in such condition as to be palatable on its own merits, as it were, should be passed. Such things as cooking-eggs and cooking-butter should not be admitted into any self-respecting household. Cooking will not make an inferior or tainted article into a sound one, and it is surprising that it should be necessary to state—as it undoubtedly is—that no egg or butter which is not fit to appear on the breakfast-table is fit to be used in cooking. Again, neither unripe nor overripe fruit can be put right by cooking, neither can any grocery which is fusty. It need not be feared that an insistence on

pure food will necessarily entail more expense; indeed, it will come cheaper in the long-run. The result of eating unsound, unripe, or overripe food usually entails considerable expense. It is well known that many of the ingredients of some sausages, confectionery, etc., are in an advanced stage of decomposition, but such are the doctoring and flavouring processes to which they are subjected that it is not detected. Nevertheless, such food cannot be eaten with impunity, as the almost daily accounts in the papers of ptomaine-poisoning testify. For the same reason we would rule out all tinned foods. The risks are admittedly great, and why take risks unnecessarily? The desirability of fresh foods of all kinds is very soon borne in upon those who turn their attention to food reform, and if it is wished to have a store of preserved things in the house to meet emergencies, it is quite possible to bottle both fruit and vegetables at home; perfect quality of the food, perfect cleanliness in its preparation, and absence of preservatives and colouring matter, can then be assured.

Food reformers will, of course, use only unpolished rice. For some extraordinary reason, impossible to fathom, the rice in general use in Europe has been polished with sheepskin polishers, in which process the most nourishing part of the grain is removed; and, moreover, it is even given a thin coat of paraffin in order to render it still more highly glazed. The Japanese only polish rice for foreign markets; that which they consume themselves is unpolished, a significant fact when it is remembered that it is the staple food of the East.

Dr. Fairchild, Agricultural Explorer in charge of Foreign Explorations, U.S. Bureau of Plant Industry, Washington, says: "Unpolished rice is, without any doubt, a much more nutritious article than the polished grain, which is as a rule treated with a thin coat of paraffin. Official chemical analysis of polished and unpolished rices shows that the unpolished grain has

11 per cent. more of proteids, and 65 per cent. more oily matter than the polished."*

Another point of supreme importance with regard to all articles of food is, that not only must the quality and condition be above reproach, but scrupulous cleanliness should be insisted on in the house and from the tradespeople. It is a mystery how persons who are in most other respects fastidiously particular can be so callous or so blind to the way their food is exposed to dirt and germs, and passed from one dirty pair of hands to another. Food of all kinds lies exposed on shop-counters; fruit and vegetables, besides being exposed in the shops, are placed in crates and baskets outside the shop-fronts right down to the pavement, where they are not only unprotected against dirt, but against the attentions of every passing dog. Then, the delivery of bread is nothing less than scandalous. After having been exposed to dust and dirt in the shop, it is carried through the streets more often than not in open baskets by dirty errand-boys, who may be found at street corners *sitting on the bread* while they read their "penny dreadfuls," finally being delivered to the cook from the direct contact of their dirty hands. One even sees bread in *open* carrier tricycles being cycled through fog, mud, or dust, at the mercy of every splash from passing vehicles, which, owing to their superior size, can for the most part liberally bespatter the loaves. Further, it is well known that extremely insanitary, dirty conditions prevail in many bakehouses. The authors have in mind a high-class baker and confectioner in the West End, where the bakehouse is under the shop and the pavement in front of the shop. Let into the pavement are thick pieces of ground glass with ventilation openings in the iron framework. Through these openings the men

* The Bermondsey medical officer recently reported that in consequence of the demand for highly polished rice the grain is being polished by talc, and in a recent sample he discovered 1·22 per cent. of talc.

can be clearly seen at work in the evening when the bakehouse is lighted up, and, as innumerable feet tramp over the glass, the dust of summer and the mud of winter fall upon the bread and confectionery being made below. If these statements are thought to be exaggerated, people have only to keep their eyes open as they go about, and they will see for themselves that they are only too true.

The public are entirely to blame. If they refused to accept provisions that are thus exposed, more care would be exercised. It would be the easiest thing, for instance, to insist that loaves of bread should be delivered in paper bags. No one would think of accepting a cake that had been carried through the street in an open basket and handled by a dirty errand boy. Why, in the name of wonder, should this be tolerated for bread? So, too, with many other articles of food. There is quite enough to do to cope with unavoidable dirt without having to battle with such criminal and unnecessary carelessness.

The systematic cleansing of articles of food is dealt with separately in Part II.

PRESERVATIVES

"Boracic acid is a powerful, inodorous, and tasteless preservative; but in repeated small doses it exercises a specific influence on the excretory organs which must be detrimental to health."—*Encyclopædia Britannica.*

PRESERVATIVES are now used to such an extent in food of all kinds that it is well to try and obtain some idea as to their effect on digestion.

A preservative, as the name implies, keeps unchanged any substance used as food; that is to say, it prevents fermentation or any process of "breaking up," such as would normally take place. There are four ways of preserving food: (1) Drying, (2) use of antiseptics, (3) exclusion of air, and (4) refrigeration.

The desirability of fresh foods must be obvious to everyone, and if "preserved" foods *must* be used, we should see that none are employed into which a foreign substance has been introduced. We refer, of course, to the second process, the use of antiseptics. The list of such preservatives is a formidable one. Amongst those used are boracic acid, boro-glycerin, benzoic acid, salicylic acid, sulphuric acid, sulphite of soda, bisulphite of lime, nitrate of potash, saccharine, naphthol, salt, sugar, vinegar, and alcohol; whilst colouring matter which is deadly poison is frequently used, such as sulphate of copper to give preserved spinach a bright green, as much as 6 grains to the pound having been detected. Sulphate of copper is also used by some growers of tomatoes to prevent the ravages of parasites. Salicylic acid is now much used in preserving fruit,

because it imparts no unpleasant flavour to the fruit. It is, however, a powerful and irritating drug. Even when taken in small doses it causes considerable burning in the stomach, and produces serious disturbances of the heart and other organs. If used habitually, it may induce grave disorders. The preservatives most commonly used are salt, sugar, vinegar, boracic acid, and alcohol. Now, when it is considered that digestion consists of a sort of "breaking-up" process, without which food cannot be assimilated, that all food substances must undergo *changes* in order that they may be rendered capable of being absorbed by the blood, it will be seen that the application of any agent to food which holds it intact—*i.e.*, prevents it from changing or breaking up—must also be sufficiently powerful to interfere with digestion, and be responsible for many digestive disorders. From the experience of many who have adopted a diet of pure, natural, and unadulterated food, it would seem as though preservatives were not only responsible for digestive troubles, but for eczema, various kinds of skin irritability, loss of hair, an inflammatory condition of the mucous membranes, ulceration, etc.; as many of these troubles, though improving on a non-flesh diet, have not really disappeared till preservatives were dropped.

The harmful nature of the above-mentioned preservatives must be evident even to those possessing no special knowledge on the subject. That boracic acid is injurious is rapidly becoming a matter of general knowledge, but that sugar, salt, and vinegar, should be harmful will no doubt be found surprising by a large majority of people. Curiously enough, though cane-sugar ferments so readily, it prevents fermentation from taking place in other substances, such as fruits, hams, etc., when used in solutions of from 15 to 20 per cent. and higher.

The objections to salt, sugar, and vinegar, are fully dealt with elsewhere; but in connection with the use of salt as a preservative, it might be interesting to mention

that it acts on meat by withdrawing the animal juices, the place of which it takes, and by hardening the muscular tissue. Consequently, it seriously lessens the nutritive value of animal food, and renders it much less digestible than fresh food. Those who drop meat and salt will naturally also avoid foods preserved with salt, for salt will have become distasteful to them; but the matter of boracic acid is much more difficult to cope with, on account of its being practically tasteless. We say "practically tasteless," for most palates cannot detect it. Let anyone, however, whose palate is unspoilt, and who has succeeded in avoiding boracic acid for some time, take, say, cream which is preserved with it, and a decidedly metallic flavour will be observed. Dr. Willoughby, Medical Officer of Health for Eastbourne, stated, in a case of prosecution for the use of boracic acid in milk, that though a teaspoonful of such milk would do no harm, it might, if given in pints to a typhoid fever patient, cause death. When it is realised that milk in the process of digestion forms into curds, and that boracic acid prevents curdling, it will be understood why its use in the case of invalids may be positively dangerous, that it must be responsible for malnutrition if children are brought up on it, and that even in its consumption by normally healthy adults it must at least offer unnecessary difficulties of digestion. That the danger to children is realised is shown by the fact that "nursery" milk is supplied in sealed bottles, guaranteed free from preservative, and a higher price charged for it. This question should not be lightly dismissed on the ground that most adults take very little milk. Though it may not be drunk alone to any extent, yet most people would be surprised to find the amount they consume every day with tea, coffee, or cocoa, and in milk soups, puddings, etc.; and those who live in towns should remember that all milk that has to travel must either be sterilised or have boracic added to it, and that the latter is the method

most largely employed. It should also be borne in mind that, if the cream used for making butter has not been sterilised, there must be either salt or boracic in the butter. Boracic is also used in preserving many other articles of food, so that it will be seen that a formidable daily total may be reached, far exceeding the very small amount which might be taken with impunity. Its evil effects may manifest themselves in many ways which people would be quite unlikely to attribute to the real causes. Few, for instance, would suspect boracic acid to have anything to do with baldness; and though, of course, there are many other causes of this trouble, boracic acid would appear to be one of them, if we may generalise from a case reported by Dr. Jameson Evans, of Birmingham, in which a man, after taking 10 to 20 grains of boracic acid three times daily for three weeks, became perfectly bald, but recovered his hair in the course of time after discontinuing the acid.

Dr. Alexander Haig says: "The preservatives mixed with milk may undoubtedly be another cause of dyspepsia. These have possibly but little influence when it is only taken in small quantity in tea, and yet may produce more or less serious effects in those who drink in the larger quantities advised in this book. I have made some experiments with borax myself, and the utmost dose I could take, even for a short time, without producing symptoms of gastro-intestinal dyspepsia, was 30 grains in the day."*

It is hardly necessary to say that foods pickled in vinegar should be avoided, for the fact that it renders the digestion of many foods difficult is well known. See remarks on vinegar in the section on Condiments.

We think a consideration of the above facts should convince any unprejudiced person that all foods in

* "Diet and Food," by Alexander Haig, M.A., M.D.

which the presence of a preservative is likely should be strictly avoided.

With regard to the other methods of preserving food—viz., drying, exclusion of air, and refrigeration—they are no doubt, for the most part, comparatively harmless; but it will hardly be claimed that the food is improved thereby, and probably it will have lost some vital element. For instance, in the "Encyclopædia Britannica," speaking of dried vegetables, we find: "As anti-scorbutics such preserved vegetables are inferior." Sun-dried fruit, however, is a most valuable article of food, raisins which are old, and have the fruit-sugar crystallised on their outside surface, being particularly desirable. People should, however, deal with food reform stores, or firms whose word they can rely on, for prunes and figs, etc., and should order *sun-dried fruit*, and demand a guarantee that it is being supplied; for a great deal of fruit is now on the market which has been dried in sulphur fumes. Where this has been the case, a scum will be found on the water in which it has been soaked.

Even the innocuousness of cold storage is open to doubt. Considerable work has recently been done by the U.S. Bureau of Chemistry in determining its effect on the healthfulness of foods, and this decidedly concerns those who have adopted a non-flesh diet, for enormous quantities of milk, butter, eggs, apples, etc., are kept by this process. The investigation has been most searching and comprehensive, and it has been absolutely established that changes do go on even in frozen bodies. Bacteriological investigation has shown, for instance, that an appreciable number of organisms are found in the edible portions of cold-stored chickens, which are not found in the same portions of fresh chickens; and after three months' storage the changed condition of the chicken is very noticeable even after cooking.

The *Lancet*, in commenting on this investigation

(January 2, 1909), says: "One fact has been established beyond doubt, that foods kept in cold storage tend to undergo certain changes which render the food less palatable."

And we might add that there can be little doubt that the diminution in palatability is a sure indication of deterioration, and consequently of unwholesomeness.

So the latest word of scientific research is that even cold storage does not inhibit decay, and we welcome this further justification for the work of food reformers, fighting for pure, fresh, natural, and unadulterated food, at whom the epithet "faddist" has been so often and so contemptuously flung.

SALT

"To pickle the body with common salt in this manner (*i.e.*, taking the quantity given in cookery-books) is equivalent to poisoning it."
—DR. H. LAHMANN.

MOST people are under the impression that salt is indispensable to the human economy, and children are therefore forced, against their natural instinct, to eat it; and if observed to leave it on the side of their plates, the anxious parents strew it over the food, in order that they may be compelled to eat it. Consequently, long before adult years are reached the taste for it has been acquired, and it has been forgotten that there was ever a time when it was found obnoxious.

This matter should be approached with an open mind and in a spirit of inquiry.

First consider the assertion that salt is *indispensable*, and test it. Every individual can do so for himself, and it is clear that if he finds—as he certainly will—that he can not only entirely dispense with salt without any evil results following, but that, on the contrary, he improves in health in various ways, the case for salt falls to the ground, and the question then naturally follows as to how such a universal error has arisen. The explanation is that it has been taken for granted that common salt and the natural salts in which fruit and vegetables are rich are one and the same thing. *The latter are of course indispensable*, and no doubt the preposterous way in which vegetables are cooked, by which these invaluable food-salts are literally boiled away and thrown down the sink, is responsible for the

addition of common salt, if only to impart some flavour to the vapid, tasteless result. The physiological effect of common salt is that of an irritant upon all the mucous membranes of the body, producing a watery discharge, a catarrh which in time becomes chronic. Many persons who have suffered from constant colds have been surprised to find them disappear on dropping salt. It is responsible for many skin troubles, particularly eczema, and its ill-effects are especially apparent upon the kidneys. French physicians have met with extraordinary success in the treatment of dropsy by entirely stopping the use of salt. These experiments have extended over some years, with success only varying in degree, and are now attracting the attention of English physicians. The matter is dealt with very fully, numbers of authorities being quoted, in an article by Dr. Hadfield in the *Practitioner* of June, 1907. Dr. Rose Bradford also advises salt-free foods in acute nephritis, and the use of fruits and fruit-juices. Physicians are also beginning to advise gouty and rheumatic patients and sufferers from throat affections to avoid salt. It is surely not unreasonable to assume that, if the omission of salt in complaints such as these has been so successful, it may result in benefit in numerous other ailments to which attention in this connection has not yet specially been drawn. This, at any rate, is the actual experience of those who have given it a trial.

The theory has been advanced in Germany that the habit of eating salt is growing in direct proportion to the increase in prevalence of cancer, and it has been stated that, if certain animals unaccustomed to salt have it continually added in small quantities to their food, they develop an increased tendency towards cancerous growths.

Two other facts should also be borne in mind: first, that salt causes indigestion and creates thirst; and, second, that its use deprives people of their natural

defence against bad food. With regard to the first, Dr. Beeson of Colorado asserts that the large quantities of salt eaten by Americans with their food is the chief cause of drunkenness in that country. He has arrived at this conclusion as a result of experiments carried out at the Colorado University. It was found that the addition of salt to food considerably retarded the digestive processes, and that the disturbance thereby set up occasioned more or less continuous thirst.

One illustration will suffice to prove the second point, that salt deprives people of the natural protection of their palates. A certain French chef, in referring to the use of eggs, in a lecture on cookery, said that though, of course, all reasonable care must be taken to guard against breaking a bad egg into the dish that was being prepared, yet accidents would happen; and should such unfortunately occur, it would manifestly be impossible to throw away a number of ingredients; "Use a little extra salt," said he, "and the bad egg will never be noticed." That this is indeed the plan which is followed, anyone will frequently discover who orders an omelette without salt. As with eggs, so, of course, with all other food. If salt and condiments are absent, the palate at once detects the least impurity.

The fact that salt masks a thing that is bad entirely disposes of the absurd idea that it "brings out the flavour of the food." It does nothing of the kind; and till salt has been entirely given up, the true, delicate flavours cannot be perceived at all, owing to the sensitiveness of the palate having been blunted by many years of the use of condiments. Consequently, only their spur can prick the jaded palate to any sort of perception of what has been taken into the mouth.

We would earnestly beg everyone who has not already done so at least to give the matter a fair trial, and to bear with the few days, or even weeks, when everything seems insipid. The best plan for anyone who has been a salt-eater to any extent is to drop

cooked food at first, and adopt a fruitarian diet for a short time, when, on resuming cooked food, salt will be found quite unpleasant, and the true natural flavours in the food will be a revelation. Should for any reason a fruitarian diet be objected to, or if the sharpness of the salt still be missed on resuming cooked food, a squeeze of lemon-juice will in most cases be found an entirely satisfying substitute.

CONDIMENTS

"Pepper and mustard, vinegar and pickles, through their irritation, create a state of inflammation along the whole alimentary canal."—Dr. O. L. M. Abramowski.

In discussing the advisability of using condiments, it is as well to consider first those which are most commonly used, and then to classify them. Such things as celery and various more or less pungent herbs are frequently classed as condiments, and, naturally, no exception is taken to these, provided they are judiciously used. To the majority, however, condiments mean salt, pepper, mustard, vinegar, pickles, curry, and the various prepared sauces of commerce. No one can be under the impression that condiments such as these are food; their object is to impart a certain piquancy and to "provoke" appetite, but as a matter of fact they more often than not "provoke" overeating. Natural appetite requires no condiments, and if it does not respond to natural food attractively prepared it may for the most part be safely taken for granted that the system for the moment does not require food, and is better without it. It is a pity so few have the courage to abstain from eating when not hungry.

The chief objections to condiments are as follows: They provoke unnatural appetite; they are a serious irritant to the delicate mucous membrane which lines the body; and they deprive people of the protective power of the palate in detecting bad food.

These statements can easily be verified. With

regard to the first point: it must be within the experience of everyone to have sat down to a meal disinclined for food, and on adding salt, pepper, vinegar, mustard, or some sharp sauce, to find that appetite has been provoked. Secondly, try the effect of any of the above condiments on a raw place, or put some pepper in the eyes, and the fact of their being acute irritants will speedily be proved. It is strange that it does not strike people that mustard, a thing which is capable of producing irritation of, and even blistering, the *external* covering of the body, is just as capable of producing similar irritation inside the body—indeed, more so, owing to the much more sensitive, delicate nature of the lining membranes. The ill-effects are simply not recognised, because the stomach has few nerves of sensation, but the fact that the mucous membrane of the stomach *does* become extremely irritated is an established fact.

The palate soon grows vitiated by the use of condiments, and unable to respond to anything that is not highly flavoured, and more and more are added. A significant fact is that, if all condiments are entirely given up for a time, the mouth and throat will find that even a small proportion of what was formerly liked has become decidedly unpleasant. Children, and those who have never taken condiments, find them absolutely obnoxious.

Thirdly, condiments entirely mask tainted or even quite bad food, whereas even the slightest lack of freshness will at once be detected when they are not used.

All the condiments mentioned, except pepper, should be ruled completely out. Salt and vinegar are amply replaced by lemon-juice, and many will be surprised to find how infinitely more delicious salads, mint sauce, horseradish sauce, etc., are when made with lemon-juice instead of vinegar, and, further, will discover that the supposed indigestibility of cucumber has been due

to the use of vinegar. Dr. Lahmann says: "Cucumber salad dressed with vinegar is not only digested with difficulty by a great many people, but sometimes acts actually as a poison, prolonged disturbances being caused by it; whilst cucumber salad dressed with fresh lemon-juice is so easily digested that I give it even to those patients who are suffering from stomach disorders, and it agrees well with them."*

It is safe to say that vinegar renders the digestion of any food with which it is used more difficult.

Pepper, if used at all, is only permissible in the form of peppercorns. The finely ground, burning particles are highly irritating and inflaming. The peppercorns should be tied up in a piece of muslin and removed from the food before serving. Curry, if extremely mild, is occasionally permissible, but the taste for it, as better habits of diet are formed, becomes a disappearing quantity.

In concluding the consideration of condiments, we should like to point out that the art of flavouring is practically extinct, wiped out by the use of pepper and salt. Pepper and salt are practically the only flavourings—if such they may be called—now known. Lest this may be thought too sweeping a statement, we would ask those to whom these ideas are new to direct their cook to omit pepper and salt *entirely* from their dishes for a few days, and it will be found in the vast majority of cases that they have absolutely no flavour. The use of the wealth of delicate, delicious flavourings in the shape of herbs is a dead letter to the modern cook. Compare the recipes of our grandmothers and great-grandmothers with those of the modern cookery-book, and it will be seen that this is so. The first result of asking the average cook to use garlic, thyme, sage, marjoram, mint, etc., is such, as a rule, as to engender the wish that such things had never been grown. So far, then, from there being a lack of natural flavour-

* "Natural Hygiene," by H. Lahmann, M.D.

ings, there are so many, and such potent ones, that there is no excuse whatever for food being tasteless in the absence of salt and pepper; and we maintain that it proves a cook to be poor indeed whose flavouring capacities are limited to such coarse condiments as those herein mentioned.

SUGAR

"Sugar, when separated from its natural association with other food elements and used in a concentrated form, is capable of producing highly injurious effects."—DANIEL SAGER, M.D.

A SERIOUS word of warning must be uttered on the subject of sugar, and in particular to those who have given up meat; for whereas it is common to find meat-eaters who take little or no sugar—either because they have no taste for it or because it has been forbidden by their medical man—many, who when meat-eaters did not care for sugar, develop a liking, even a craving, for it after having given up meat, and eat it in large quantities, taking in addition jam, sweet puddings, etc.

The first thing to be realised is that sugar is not a food, but a food element. In its natural state the sugar is well diluted, and is never found in the concentrated form in which we use it. There are a number of different sugars, but it is unnecessary to specify them here. The particular point to which attention should be drawn is that levulose, a fruit sugar (the sweetest of all sugars), which is found in large quantities in honey and in sweet fruits, such as raisins, currants, figs, prunes, and dates, is wholesome and digestible; whereas the sugar of commerce, which is the *concentrated* juice of the sugar-cane, and therefore many times stronger than in its natural condition, may be absolutely injurious, and may be directly responsible for an immense amount of digestive and other troubles. Cane sugar is digested in the mouth—by insalivation—and in the intestines, but it can neither be absorbed

nor digested in the stomach. It possesses the peculiar property of readily undergoing fermentation under favourable conditions, and if it passes into the stomach without thorough insalivation it ferments—particularly if any fluid be taken at the meal—and the fermentation may extend to the rest of the food in the stomach, vitiating the products of digestion and interfering with the whole digestive process. It sets up nutritive disorders, the effects of which are far-reaching, and is held by many authorities to be directly responsible for many diseases of malassimilation, catarrh of the stomach, serious liver trouble, diabetes, obesity, etc. Those who desire fuller information on this subject are referred to the chapter on Sugar Dietetics in "The Art of Living in Good Health," by Daniel Sager, M.D., in which the matter is dealt with exhaustively.

Cane sugar *can* be taken without harm if it be thoroughly insalivated, taken in moderation, and in conjunction with little or no fluid. It is, however, as well to face the fact that cane sugar is extremely soluble, and that the tendency is to swallow it at once, or at any rate before proper insalivation is possible. Let anyone test this, and see how excessively difficult it is to retain it in the mouth long enough to masticate and thoroughly insalivate it. Unless people have the determination and self-control to do this, it is far better to abstain entirely from cane sugar, and everything made with it. Those who are possessed of the craving for sugar—and a very real craving it often is—need not assume that this would be difficult either in the shape of feasibility or self-denial, for cane sugar is absolutely replaced by honey and the natural sweet fruits already mentioned. It should be remembered that honey was the form in which sugar was used in olden times, and that it has only been replaced within the last half-century by the sugar of commerce. Down to the fifteenth and sixteenth centuries there was practically no other sweet food of any description in

the world but honey, and it is constantly mentioned in the old monkish chronicles and in the curious manuscript cookery-books that have survived from the Middle Ages.

Honey should be strained, and if in cold weather it thickens, it will speedily become thin if placed near the fire, or if the jar which contains it is placed in hot water.

Being the sweetest of all sugars, its use for sweetening purposes—in cookery, tea, coffee, etc.—is not so extravagant as might at first appear. Moreover, with a wider knowledge of food values comes an instinctive avoidance of "made" dishes, and foods are sought in their natural condition. Let not the beginner in food reform be alarmed or daunted; it is really not a case of self-denial, for before long the taste becomes so discriminating that the wrong food combination, or an undue proportion of any one food element, no longer offers any attraction, and therefore no temptation.

Very certainly the craving for sugar soon vanishes, and those who have been victims to it find an improvement in health and alertness that is truly surprising. Even where it has as yet led to no specific trouble, abandoning its use seems to relieve the system of a positive clog, a dead-weight. It is earnestly advised that abstention from it be at least given a fair trial.

We cannot do better, in concluding our remarks on sugar, than to quote from Mr. Tickner Edwardes's fascinating book on "The Lore of the Honey-Bee." He says:

"There are many reasons why people should choose honey for their principal food rather than the beet sugar which is now so largely consumed. In the first place, honey is a pure, natural, undoctored sweet, while in the manufacture of ordinary sugar the use of more or less obnoxious chemicals seems to be indispensable. When a stock of bees must be artificially fed, and common grocer's sugar is used for the purpose, the

result is, generally, that half the stock is poisoned by the chemicals with which the sugar has been treated at the mill. And if this is its effect on bees, the inference must be that it cannot prove altogether wholesome for men. But its purity is not the chief reason why honey should be the universal sweet food of the people. Honey is the ordinary sugar of nectar concentrated and converted into what is chemically known as grape sugar; and thus, in ripe honey, the first and most important part of digestion is already effected before it leaves the comb. This explains why so many delicate people, and particularly children, can assimilate food sweetened with honey, when they can take no other form of sweet.

"Doctors are continually finding some new virtue in honey. Its gently regulating action has long been known, and there is good authority for stating that there is not an organ in the human body which does not benefit from its habitual use. In all wasting diseases, and triumphantly in consumption, it will prevail as an upbuilder when everything else fails. There is no doubt at all that cases of consumption have been entirely cured by a liberal diet of honey, and, notoriously, honey is the main ingredient in nearly all patent medicines for diseases of the chest and throat. There are many who believe in it, and with good reason, as a sovereign specific where the disease is a wasting one."

FATS

"Fats furnish heat and energy to the body. Nuts, containing as they do from 50 to 60 per cent. of emulsified fats, furnish force in a way unapproached by any other food."—DANIEL SAGER, M.D.

FATS are found in both animal and vegetable foods, and those who adopt a non-flesh diet will naturally rule out animal fat, such as lard, dripping, or suet, which will be replaced by oil or nut butter. Even dairy butter can be replaced by the latter if desired. An excellent preparation is Nutter, which is prepared both for cooking and table use. The latter is amazingly like fresh dairy butter, and, indeed, is often mistaken for it. Both table and cooking Nutter are sterilised and free from preservatives, and are considerably cheaper than dairy butter. Should the latter be preferred for table use, the consumer should deal only where sterilised butter can be obtained, for it must be remembered that any butter which has travelled is certain to contain a preservative—either salt, saltpetre, or boracic. The ordinary cooking butter will, of course, never be used; it is invariably an inferior article, heavily salted to cover this fact.

Many excellent nut butters and creams are obtainable, such as walnut, almond, hazel, etc., and are by all makers of repute guaranteed free from preservative or colouring matter (which is constantly used in dairy butter), and are also guaranteed to be made with every care and cleanliness. These last-mentioned butters are usually preferred with an uncooked fruit diet, their flavours being somewhat marked. The Nutter will be found more suitable for use with cooked food.

Fat is, of course, a necessary constituent of our food, and it forms an integral part of articles of food, such as milk, nuts, grains, legumes.

According to the most recent opinions, the amount of fat required daily by an ordinary business man is only 2 ounces of nut fat, or 1½ ounces of butter fat. That which is usually eaten at table alone is with most people considerably more than this, and when the amount used in cooking is added, besides the fat which forms an integral part of most articles of food, it will be seen that this amount is very largely exceeded by the majority.

The right amount of fat, for instance, is found in a properly balanced meal, such as is described in the General Hints. It is well to bear in mind that all constituents of foods are probably best taken in the "balanced" condition in which they are provided by Nature, and the fat as found in milk, nuts, grains, and legumes, is in a state of fine subdivision, in which form it is easily assimilated. But fat as commonly used in cooking—*i.e.*, butter, lard, etc.—is not only much more difficult of digestion in itself, but frequently interferes with the digestion of other articles of food. Nuts afford fat in abundance, and in its most assimilable form, being readily absorbed by the system on account of its being presented in an emulsified form.

NUTS

"The prejudice against nuts is absolutely unfounded; instead of being difficult for mastication and hard for digestion, nuts are easily broken down with our teeth, and form one of the most digestible foods when properly emulsified in our mouth."—DR. O. L. M. ABRAMOWSKI.

THAT nuts should be avoided as an article of food is remarkable, when it is considered that they are the most nutritious and valuable of all the natural foods. That they are found indigestible as usually eaten, however, is not surprising, for, in ignorance of the fact that they are the most concentrated form of nutriment that we have, they are eaten at the end of an already complete meal, and also as mere trifles between meals, not to speak of the fact that they are rarely sufficiently masticated.

Nuts are the vegetable counterpart of meat, and those who discard meat should try to eat nuts. We say, "try to eat nuts," because there may be cases where people through defective teeth and injury to organs from years of wrong feeding may not be able to digest them. In this case nut butters should be eaten, and immediate steps should be taken to have the teeth put into thorough order. Not only is this necessary for the proper mastication of nuts, but for the proper mastication of all non-flesh food. Two points should be borne in mind: first, that nuts must be masticated till they are like cream before swallowing; and, second, that they should be eaten at the beginning, or during the course, of a meal. One of the greatest advantages in

making nuts a staple part of one's dietary is that, as has already been explained, they are a natural source of fat, which they provide in great abundance and in its most assimilable form. Moreover, nuts are slow of digestion, and consequently have great "staying" power. According to Dr. Haig, their albumens come into the blood, and are available for the production of force chiefly in the second, third, and fourth hours after ingestion, though they give off some albumen for several hours more. The albumens derived from vegetable sources are much more slowly absorbed than those derived from meat, which is the reason that those living on natural foods have more staying power and endurance than the meat-eater. Further, the heat-producing properties of nuts are higher than in any other food, and it will probably surprise those who are under the impression that they must inevitably feel the cold terribly if they give up flesh foods to learn that the fuel value per pound in Brazil nuts is 1,485 calories, whereas in sirloin of beef it is only 975. Nuts are high above all other foods, except butter, in heat-producing properties. People who have before suffered very much from the cold are amazed to find that they go through a severe winter, wearing less clothing than ever before, on a practically raw dietary (in which nuts and honey bear their due proportion), and do not feel the cold—indeed, that they experience a general sense of well-being, warmth, and comfort, that they have not known since childhood.

It is a moot point whether the adult organism is adapted to the digestion of cow's milk; certainly cow's milk is intended for calves, and not for human beings, and, as is well known, it has to be diluted in order to render it digestible for babies, whereas Dr. Lahmann states that he has not known of a case of failure to digest vegetable milk. The reason that sour milk can often be digested where fresh milk cannot, is that the "breaking-up" process has been commenced, and that

the curds it forms are softer and more digestible than those of fresh milk, which often forms large, tough curds in the stomach. But if fresh cow's milk is unsuitable for human consumption, the idea of sour milk as a substitute will hardly commend itself to food reformers. Now, nut milks are not only practically the same as cow's milk in composition, but they are much more easily digested; they are as nourishing, and they are clean and free from germs. Considering the many dangers of contamination in our milk-supply —Dr. Reinhardt, in his book "One Hundred and Twenty Years of Life," states that the milk-supply of London is found to be more or less contaminated in about 92 per cent. of all samples obtainable—it is surprising that this perfectly safe, inexpensive, and in many ways superior, substitute should not be employed. Amongst Dr. Lahmann's dietetic preparations is a nut milk, to the use of which many delicate babies owe their lives, as it is frequently assimilated with perfect ease when no other milk can be digested.

Further, some people find, after having adopted a non-flesh diet, that a distaste grows upon them for all animal products, and thus it will be seen that even for cow's milk, cream, and butter, which have so long been thought indispensable, nuts provide not only an adequate, but what would appear to be in many respects a superior, substitute.

CHEESE

"There is one important point to be remembered by those who eat cheese: Cheese undergoes what is termed a ripening process. This ripening or fermentation process may go on to actual putrefaction, and even poisonous ptomaines may be developed. Cheese is a questionable article of diet. Fresh cheese in moderate quantities is permissible under certain circumstances, but never old cheese, unless one is willing to run the risk of an attack of appendicitis, enteritis, or ptomaine-poisoning. In general, it may be said that cheese as an article of food is best left alone by the majority of individuals."—DANIEL SAGER, M.D.

IT will, no doubt, be a matter for surprise to many people to find a vegetarian cookery-book in which ordinary cheese plays no part. It bulks largely as a rule in such books, and a considerable majority of those who discard flesh foods employ it as a substitute, both because of its high nutritive value, and because its strong flavour takes the place of the strong flavours of flesh. Indeed, people who miss meat at first, and who are unable to digest nuts, may find it desirable to take cheese for a time. The inability to digest nuts is usually a matter of insufficient mastication. See chapters on Mastication and Nuts. When better habits of mastication have been formed, the experiment should be tried of giving up cheese for a time—say not less than a month, when, on taking it again, it will most probably be found that it has become obnoxious both in smell and taste; almost as much so, in fact, as high game, particularly if salt is no longer taken.

This plan of entirely dropping some article of food for a period of time of from one to three months is an

almost unfailing test as to whether it should or should not be included in one's dietary. Provided the person be living rightly, the palate will almost certainly after such an interval reject such things as cheese, condiments, leavened bread, etc. Strict food reformers would rule cheese out if only because there is little room for doubt that animal fat is now very largely used in its preparation. An Act exists requiring such cheese to be labelled "margarine cheese," and retailers are fined from time to time for not doing so; but it will readily be realised that, with the enormous amount of cheese on the market, the inspection under this Act must necessarily be infinitesimal, and the difficulty in dealing with it is that fining the retailer does not touch the real offender.

Besides the serious objection which this constitutes to food reformers, and besides any question of taste, cheese is undoubtedly a dangerous food, and we would counsel those who cannot bring themselves to give it up, at any rate to take it only absolutely fresh. It must be remembered that cheese undergoes what is called a "ripening process," and this may, and frequently does, go on till putrefaction has taken place and dangerous ptomaines are developed. According to the researches of Professor Vaughan, of Michigan University, it is very liable to contain a poison called "tyrotoxicon, which is capable of producing violent, and even fatal, results."

We give a recipe for fresh curd cheese, which is of course absolutely safe; but the cheese-eater would hardly look upon it as cheese at all, and we would not advise trying it till the palate has recovered its normal, rightful perception of delicate natural flavours. It is a most valuable article of food for those first coming on to a raw dietary who are not able to digest nuts, as it provides proteid in a very easily assimilable form.

BREAD

"Unleavened bread, made from the entire wheat grain, possesses all the nutritive constituents required by the human body, and is one of the most perfectly balanced foods for man."—DANIEL SAGER, M.D.

"I contend that modern bread directly causes the destruction of tooth tissue."—THOMAS G. READ, D.M.S.

IN dealing with the subject of bread, two things have to be considered: first, whether whole wheat or white flour shall be used; and, second, whether any leaven shall be employed. The first point is settled by turning to any analysis of food values, where it will be seen that white bread has only about two-thirds the nutritive value of whole wheat bread, and, further, that in discarding the outer coats of the grain certain elements which are necessary to nourish the bones and teeth properly are removed. The term "staff of life" certainly did not apply to bread made from impoverished white flour. To make matters worse, a process of chemical bleaching is now constantly employed in order to secure the whitest possible flour. When the extent to which white bread is eaten by the lower classes is considered, the prevalence of rickets and decayed teeth will be understood. Another point which is not so apparent is that white bread is to a large extent responsible for the excessive consumption of meat, for people instinctively turn to it for the food elements which have been eliminated from the wheat. But, according to Professor Liebig, whole wheat bread contains 60 per cent. more of the phosphate, or bone-forming material, than does

meat. Here, again, we see that the nutritive elements of meat can be obtained in other foods, without any of its many and serious disadvantages.

With regard to stone-milled versus roller-milled flour, it is probably best, as matters stand at present, to use stone-milled flour. Briefly, the difference is this: In stone-milling the grain goes, after being cleaned,* straight between the stones, and is there reduced to flour, all parts of it being ground up together. Thus the germ, which is oily, is broken down simultaneously with the rest of the grain, and the oil penetrates the whole of the flour. The flour is then dressed through "silks," and the coarser parts of the bran removed, but whatever sifting it is subjected to, the nutriment cannot be extracted as it can be in the roller process of milling; and, moreover, the different constituents of the grain are left in their natural proportions. In roller-milling the grain is subjected to a series of "breaks," at each of which one of its constituent parts is removed and afterwards milled separately. Consequently, in order to produce wholemeal flour, all these separated parts must be put together again, and we very much doubt whether "All the King's horses and all the King's men" can put them together again satisfactorily. Certainly the flour cannot be permeated by the oil of the germ, as it must be when the whole grain is ground simultaneously, as in stone-milling; and, moreover, some proportion of the oil must be lost.

Now, every portion of the grain plays its part in body-building. The general analysis is as follows: The bran supplies the mineral substances which form bone and teeth and nourish the brain; the germ, besides supplying the body with fat, is also rich in nitrogenous matter, in phosphoric acid, iron, and leucosine; the semolina supplies nitrogen, and the starchy inner portion (the carbohydrate) supplies heat and energy.

* We understand that the grain is carefully cleaned in up-to-date stone mills.

It must surely be evident that we cannot improve upon Nature's combination, or replace it once we have taken it to pieces; and it must, further, surely also be evident that we ought not to remove any portion of it.

It seems a pity, therefore, that in the present agitation for bread reform only 80 per cent. of the grain is being asked for, particularly as in the discarded 20 per cent. goes a considerable proportion of the very element, the lack of which is mainly responsible for the prevalence of rickets and decayed teeth—viz., the mineral salts. The reasons for this compromise are partly the colour prejudice, and partly the fact that hitherto the bran has not been ground to a sufficient fineness. The coarse particles cause intestinal irritation, and many people have in consequence been obliged to give up wholemeal. It has also been urged in favour of an 80 per cent. flour that many people can digest it who cannot digest wholemeal flour, even when finely ground; but this is surely a matter for individual dieting and medical advice rather than for the removal from the grain of any of its elements.

It is quite possible for roller mills to be so adjusted as to reduce all parts of the grain to a proper fineness. This has already been done in some mills, but it cannot be expected that machinery should be altered universally till it is clear that the demand is really serious. Further, we understand that it would also be possible to adjust the roller-mill so as to grind the whole grain simultaneously, as does the stone-mill, but as the whole object of the roller-mill has been to separate the various parts of the grain this would render a great deal of expensive machinery superfluous; and here, again, such a course is not likely to be adopted until the public demand is unmistakable; indeed, one might go further, and say until legislation steps in and bans white flour once and for all.

Dr. Abramowski gives an interesting account, in his "Eating for Health," of an experiment he carried out personally in testing the food value of brown and white

bread. He determined to live for a time solely upon bread and water. The results upon white bread were absolutely disastrous—disordered digestion, bad breath, dry, sticky throat and tongue, headache, languor and depression, ever-lessening inclination for work or execution of any kind, bad nights, etc., and finally a complete physical collapse on a short bicycle ride. The experiment lasted five days, and it took Dr. Abramowski a fortnight to recover from it He then experimented upon wholemeal bread and water, on which he found that he was able to maintain his strength and vigour perfectly satisfactorily.

An ever-increasing number of food reformers are discarding yeast and all chemicals for "raising" purposes. Unleavened bread is often not liked at first, especially by those who are accustomed to spongy, white, yeast-raised baker's bread; but if wrong habits of any kind have been formed, at first the attempt to replace them by right ones is more often than not found irksome, and it would be wise to face wrong habits in diet with this fact in mind. If those who have been used to the usual white baker's bread will try a month on ordinary wholemeal bread, and then a month on home-made wholemeal bread, made from Artox flour, without yeast, from one of the recipes in Part II., and at the end of the month return to ordinary wholemeal bread and white baker's bread, they will be astonished to find how unpalatable these have grown. A significant fact is that the white bread will, if thoroughly masticated, become a distasteful, sourish, pasty dough in the mouth, and those who have also discarded salt will become unpleasantly conscious of the presence of salt in it.

In an article called "Notes on Purin-free Diets," by W. T. Potts, M.D., M.R.C.S., which appeared in the *Lancet* on October 6, 1906, Dr. Potts said: "The most wholesome form of bread is *unleavened*. Till recently this could not be bought, but is now supplied by the

Wallace Bakery in London." The Wallace Bakery has many agents all over the kingdom, but we would earnestly urge any to whom it is not possible or convenient to deal with them not to assume that unleavened bread is out of their reach. Let them determine to have their bread made at home. It is really quite an easy matter, and the bread question is so vitally important that we are sure anyone who has once given it a fair trial will feel that if the resources of the establishment are not equal to making bread in addition to the other cooking it will be well worth while sacrificing a cooked dish here and there in order to secure the true " staff of life."

BEVERAGES

"The root cause of depression and craving for stimulants is that *the natural condition has been lost*—that man, being a frugivorous animal, has been led to despise these foods (for which as a child he has a natural craving and appetite), and, having tasted the poisonous stimulants, has been dragged by them into the necessity for ever more and more dangerous stimulation."—ALEXANDER HAIG, M.D.

A DESCRIPTION of beverages plays no part in this volume beyond instructions as to making coffee and some invalid drinks, such as barley-water, fruit drinks, etc. It is not only unnecessary, but absolutely harmful, to drink at meals, for it dilutes and weakens the gastric juices. It will be noticed that the mastication of those who take liquid of any kind with their food, especially in any quantity, is generally inadequate, and frequently almost nil; and one of the surest ways to acquire the habit of thorough mastication, which is so indispensable to good digestion, is to give up drinking at meals. The only thing that is permissible is a cup of caffeine-free coffee, half milk, and sweetened—if sweetening is desired—with honey, taken at the end of a meal and sipped, so as thoroughly to insalivate it. It does not necessarily follow, however, that no liquid whatever should be taken in the course of the day; on the contrary, it is usually desirable, on discarding flesh foods, to drink freely and systematically of pure water, particularly if there is any chronic disorder to be eliminated. The average amount required is from 2 to 4 pints a day, though healthy persons, especially if they are taking much fresh juicy fruit, may not need

so much; and as poisons are eliminated, and good health becomes established, the need and desire for so much water grows less, and some people find themselves better without it. It should be taken about one and a quarter hours before meals, and each individual must arrange this as best suits his method of life. For the majority the most convenient times are, on rising, before the evening meal, and at bedtime. One of the best ways to break through the habit of afternoon tea is to take a glass of hot water, with or without fruit-juice, such as lemon or orange, at teatime, and this will serve as the drink before dinner.

It is of the highest importance to see that the water is pure. Distilled water is, of course, the safest. If this is unobtainable, the water should be boiled for about a quarter of an hour, and then allowed to settle. This is better than using a filter, which, unless kept with scrupulous cleanliness, is apt to become a hotbed of germs.

It would be well for every household to be equipped with a still. It is no trouble, and is easily kept clean. It stands on the range, and takes care of itself, as it were; and if more water is distilled than is needed for cooking and drinking, it is a boon for toilet purposes where the water is hard. If oil is used for cooking, a special atmospheric stove can be obtained for the still.

Now as to tea and coffee.

It must be remembered that they, and to a lesser degree cocoa, are stimulants, and the use of stimulants is likely to end in their abuse or immoderate use. Those who find themselves suffering from headache, depression, inability to rouse themselves to work, etc., without their cup of tea or coffee, should make up their minds to break themselves of what has become a dangerous habit. There are few people who would not find themselves better for giving up tea, even when it is taken in moderation; but, for the comfort of those who

dread the effort, it may be remarked that on adopting a correct diet there will be no difficulty about doing so, and that they will find, not only that they no longer have any desire for it, but in many cases that it becomes actually distasteful.

With regard to coffee, it would certainly seem that the more highly roasted it is the more injurious it is; indeed, it is stated that it is the high roasting which frees the caffeine, the element which renders it injurious, and that when the berry is only lightly roasted the caffeine is not freed. Undoubtedly many people can take pale-roasted coffee who are unable to take the ordinary highly roasted coffee. Further, a process has recently been invented whereby the caffeine can be extracted, without depriving the coffee of flavour or making it any more expensive. Caffeine is a drug, and that which is thus extracted is sold for medicinal purposes, which pays for the process of extraction. The patents are held by the Lifebelt Coffee Company, and it can be obtained direct of them or through a grocer. As far as our experience goes, this coffee is entirely free from the deleterious effects of ordinary coffee, despite the fact that it looks and tastes like it.

Before leaving the subject of tea and coffee, we should like to urge a perusal of "The Reduction of Cancer," by the Hon. Rollo Russell. Remarkable figures are given with regard to cancer all over the world, from which it appears that in every country where the consumption of tea and coffee is high the cancer rate is high, and that an increase in the amount consumed seems always to be accompanied by an increase of the cancer rate.

Here are the figures Mr. Russell gives in relation to the increase of the use of tea and the increase in the prevalence of cancer in England:

	1864.	1871.	1881.	1891.	1900.
Tea (pounds per head) ...	3·0	3·92	4·58	5·36	6·1
Cancer (per 10,000) ...	3·9	4·2	5·2	6·9	8·3

It is stated that the seven countries consuming the largest amount of coffee have, out of all nations of the world, the highest rate of cancer, with the exception of Belgium, which has not afforded statistics.

These figures are at once so startling and so convincing, that a diet such as is described in these pages should be thankfully adopted, enabling people as it does to free themselves from these "enslaving drugs," as they have been called.

The harmful drug in cocoa is theobromine, and, apart from that, both cocoa and chocolate contain much fat; further, as they are usually drunk with a considerable amount of milk and sugar, they are far too rich to be taken with meals, and no food reformer who is anything like adequately fed will have any desire for such a beverage between meals.

We should like in conclusion to state once more that, in our opinion, one of the proofs that the diet advocated in these pages is scientifically and physiologically correct is the fact that the desire and taste for injurious drugs like alcohol, tobacco, tea, coffee, etc., vanish.

GENERAL HINTS

How to Begin.—Opinions differ as to the best way to commence a non-flesh diet, and it is no doubt impossible to lay down any hard-and-fast rule. By many it is held that the change should not be too sudden, and that the amount of flesh consumed should be gradually reduced at each meal, or that it should be completely omitted for a time from one or two meals a day before discarding it completely. Individual idiosyncrasies must, no doubt, be consulted, and possibly where the change is made at home and without expert advice it is wise to move cautiously; but our experience at the Broadlands Sanatorium goes to show that all flesh foods can be dropped at once without the slightest inconvenience if the proper substitutes are used. If possible, the best plan undoubtedly is to pay a visit to some sanatorium where a non-flesh dietary is the rule. A very short time will show how it is carried out, and it inspires confidence to be one of a number of people living in this way, amongst whom will certainly be many who will have encouraging accounts to give of the benefits derived from the change.

Where this is not possible, and the change has to be made at home, it is hoped that the hints offered in these pages will enable it to be accomplished without much difficulty. Those who are at all nervous about it are advised to begin on Diet No. I., and to remain on that for a few weeks before passing to Diet No. II., which for the majority will probably be found the most practical and suitable for general and permanent adoption. It is, however, by no means necessary to

commence with Diet No. I., and the best results are undoubtedly obtained on the two meals a day plan, with a minimum of cooked food.

Advantages of an Uncooked Diet.—It is impossible to over-estimate the advantages of an uncooked diet both to the novice and expert. The housewife does not need to be told of the save of expense, time, and trouble that it means. If adopted by an entire household some of the most unpleasant parts of domestic labour would be completely done away with, and in all probability one servant fewer would be needed. Where only one or two in the family have adopted the diet, or when visiting in friends' houses or travelling, the advantages of an uncooked diet are manifest. Many people hesitate to keep to the non-flesh diet when visiting, for fear of giving trouble, and certainly where specially cooked dishes are needed the hesitation is a natural one; but when it is realised that fruit, nuts, salad, and wholemeal bread and butter, are adequate, and that they constitute the best kind of meal, no hesitation need be felt; and, as will be seen in the chapter on Food Combinations, the amounts required are comparatively small. Indeed, the two chief problems disappear—viz., the securing of a properly "balanced" diet, and the decision as to what is the right amount to eat. In prepared or cooked food the natural balance of the food elements is constantly interfered with, and the beginner may well be appalled by the difficulty of avoiding excess of uric acid-forming foods and of starch, and of securing the right amount of proteid, fats, food salts, and fruit sugar.

On a diet of fruit, nuts, salads, and cereals, all the necessary food elements are presented in their natural, balanced condition in their most assimilable form, and the palate not being spurred, as it were, by unnatural condiments and combinations, the temptation to overeat is removed, natural selection and appetite very soon

assert themselves, and instinct may safely be relied upon as to the right amount to eat and the frequency of meals.

By some the theory is held that the fact of any food having to be cooked, in order not only to render it palatable but to overcome what, in the vast majority, would be an almost invincible repugnance to the eating of raw flesh and blood, shows that flesh is not man's natural food, and that his natural food is only that which is yielded up to him by Nature, palatable and ready for consumption. Certainly, the more this view is considered, the more reasonable it seems.

It is also held by many that cooking "kills" food—destroys some vital principle which plays an essential part in our nourishment. Time will show whether this can be conclusively demonstrated; but, at any rate, we know that when seeds have been cooked they are dead—that is to say, if planted they will not grow—and it does not seem unreasonable that the vitality which cooking has destroyed may be of considerable importance to us. Certainly, people who have tried an uncooked diet assert that they feel an energy, buoyancy, and general sensation of increase of vitality upon it, which they have never experienced upon the most generous, best-selected cooked diet. To this the writers can testify.

THE RIGHT AMOUNT TO EAT.—One of the first questions asked by those commencing this diet is, as to how much and how often they should eat. The commonest mistake is that of eating too much, as it is very generally thought that a much larger bulk of food must be consumed in order to secure the same nourishment as on a flesh diet. Of course, the person who is ignorant of food values may find that this is the case. For example, a large quantity of the ordinary adjuncts to a meat meal would have to be eaten—say cabbage and potatoes (probably boiled, and their chief

value thrown away), a fruit tart, made with white flour, and white bread—and the person who had eaten such a meal would feel very distended and uncomfortable, would probably have a bad attack of flatulence, and be ravenous before the time of the next meal. According to Dr. Sager, a properly balanced meal is 2 ounces shelled walnuts, 4 ounces raisins, 6 ounces unfermented wholemeal bread with butter, and 4 ounces peaches, two such meals being sufficient for one day. It will be found that this constitutes less in bulk than is as a rule consumed on the average mixed diet, and that its staying power is infinitely greater.

It is often stated that more than the actually necessary amount of food must be taken, on account of a considerable proportion of it not being assimilated. This may possibly be the case under ordinary circumstances, but where the laws of hygiene are observed in such important matters as breathing, bathing, exercise, etc., this is not so likely to be found necessary, because with the burning up and elimination of the waste products thus brought about comes the power to assimilate and benefit to the fullest from a moderate amount of food, and it must surely be a tax on the system to eat more than is actually needed. As has been stated, it is not necessary to think much about the amount which should be taken, provided the right kinds of food are selected, and provided everything is properly masticated.

Number of Meals.—We have no hesitation in saying definitely that not more than three meals a day should be taken, and that nothing whatever should be taken between them, except water (with or without the addition of fruit-juice). For particulars as to drinking, see the chapter on Beverages. The two meals a day plan is undoubtedly the ideal one, but its success depends entirely on choosing suitable times, a difficult matter when leading an ordinary life; for the best hours

would seem to be about eleven and six. Where this is impracticable, it is a good plan to make one of the three meals almost, if not entirely, of fruit. Where the evening meal is late, it would be best to make breakfast the fruit meal, otherwise to let it be lunch.

Warmth-giving Foods.—An objection that is often raised to a non-flesh diet is that it is not warmth-giving, and the opinion is expressed that fruit must be "so chilly." As a matter of experience, it can be stated positively that this is not the case; on the contrary, it is frequently found that the cold is felt far less than it was on the ordinary mixed diet. Those who feel the cold should take honey fairly liberally, and should, until they are able to digest nuts, take nut butter.

Expense of a Non-Flesh Diet.—A question that naturally arises is how a non-flesh diet compares with the ordinary mixed diet in the matter of expense. It should, and can, be considerably less; but this must necessarily be a question for the individual. It can be very inexpensive, or, if luxuries in the way of fruit be indulged in, tolerably expensive. It is, at any rate, quite possible to be adequately fed at the cost of a few pence daily, and it stands to reason that the trend of a non-flesh diet must be in the direction of economy, when it is considered how very many things go by the board that are, as a rule, held to be indispensable.

In conclusion, the following rules are suggested as being the most important to observe:

AVOID SOFT, "PAPPY" FOODS. This applies most particularly when a non-flesh diet is first adopted, as soft foods immensely increase the difficulty of forming the habit of thorough mastication.

MASTICATE TILL EVERY ATOM OF FLAVOUR HAS BEEN EXTRACTED FROM THE FOOD. No food should be swallowed till it has been reduced to a smooth, creamy liquid.

AVOID A MIXTURE OF FOODS AT THE SAME MEAL. Vary the meals—this is essential—but do not eat a great variety at one meal.

DO NOT DRINK WITH MEALS. This dilutes the digestive juices, and is a constant cause of indigestion.

NEVER EAT UNLESS HUNGRY. It is far less harmful to omit a meal than to eat without appetite.

PART II

INTRODUCTION

One object of the practical part of this book is to show—

1. The simple principle underlying all the variations in cooking, however elaborate.
2. What the food we eat is.

1. Successful cooking does not depend on the up-to-date range or the number and variety of modern appliances, but on a right understanding of the result to be obtained, and on the cause which produces that result. Cooking may be defined as the application of heat to food materials, by which their condition is changed.

There are various ways of applying heat for the purpose of cooking; among the most important are roasting, baking, and stewing. All these methods can be quite successfully carried out with the simplest means:—

A fire of wood or coal, among the hot ashes of which the article to be roasted, whether vegetable or fruit, is buried, protected or not with clay, according to its nature.

An iron plate or girdle, slung over the fire, upon which cakes of cereals can be baked.

An earthenware pot, in which vegetables, fruit, puddings, etc., can be cooked in many different ways.

Excellent bread was baked not so many years ago in an iron pot hung from a hook in the chimney over

an open fire on the hearth. In the same pot was cooked most of the other food used by the family.

2. The most important of the foods we eat consist of, or are prepared from, the seeds or fruit of plants; others are prepared from the leaves, stalks, flowers, roots, etc.

The many simple and elaborate ways of preparing these and some other materials are dealt with in the following chapters.

A TABLE OF THE AVERAGE COMPOSITION OF FOOD PRODUCTS, COMPILED FROM PROFESSOR ATWATER'S INVESTIGATIONS, AS PUBLISHED BY THE UNITED STATES DEPARTMENT OF AGRICULTURE

	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Mineral Salts.	Fuel Value per Pound.
FRESH FRUITS.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories.
Apples	25·0	63·3	0·3	0·3	10·8	0·3	190
Bananas	35·0	48·9	0·8	0·4	14·3	0·6	260
Grapes	25·0	58·0	1·0	1·2	14·4	0·4	295
Lemons	30·0	62·5	0·7	0·5	5·9	0·4	125
Oranges	27·0	63·4	0·6	0·1	8·5	0·4	230
Pears	10·0	76·0	0·5	0·4	12·7	0·4	230
Raspberries	—	85·8	1·0	—	12·6	0·6	220
Strawberries	5·0	85·9	0·9	0·6	7·0	0·6	150
Water-melons	59·4	37·5	0·2	0·1	2·7	0·1	50
DRIED FRUITS.							
Dates	10·0	13·8	1·9	2·5	70·6	1·2	1,275
Figs	—	18·8	4·3	0·3	74·2	2·4	1,218
Raisins	10·0	13·1	2·3	3·0	68·5	3·1	1,265
NUTS.							
Almonds	45·0	2·7	11·5	30·2	9·5	1·1	1,515
Brazil nuts	49·6	2·6	8·6	33·7	3·5	2·0	1,485
Chestnuts	16·0	37·8	5·2	4·5	35·4	1·1	915
Cocoanuts	48·8	7·2	2·9	25·9	14·3	0·9	1,295
Filberts	52·1	1·8	7·5	31·3	6·2	1·1	1,430
Pecans	53·2	1·4	5·2	33·3	6·2	0·7	1,465
Peanuts	24·5	6·9	19·5	29·1	18·5	1·5	1,775
Walnuts	58·1	1·0	6·9	26·6	6·8	0·6	1,250
CEREALS—FLOUR.							
Entire wheat	—	11·4	13·8	1·9	71·9	1·0	1,650
Patent roller process (*i.e.*, white flour):							
High and medium grade	—	12·0	11·4	1·0	75·1	0·5	1,635
Low grade	—	12·0	14·0	1·9	71·2	0·9	1,640

A TABLE OF THE AVERAGE COMPOSITION OF FOOD PRODUCTS—*Continued*

	Refuse.	Water.	Protein.	Fat.	Carbohydrates.	Mineral Salts.	Fuel Value per Pound.
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories.
Macaroni	—	10·3	13·4	0·9	74·1	1·3	1,645
Rice	—	12·3	8·0	0·3	79·0	0·4	1,620
Tapioca	—	11·4	0·4	0·1	88·0	0·1	1,650
VEGETABLES.							
Beans	7·0	83·0	2·1	0·3	6·9	0·7	170
Beets	20·0	70·0	1·3	0·1	7·7	0·9	160
Cabbage	15·0	77·7	1·4	0·2	4·8	0·9	150
Celery	20·0	75·6	0·9	0·1	2·6	0·8	65
Cucumber	15·0	81·1	0·7	0·2	2·6	0·4	65
Green corn	—	75·4	3·1	1·1	19·7	0·7	440
Lettuce	15·0	80·5	1·0	0·2	2·5	0·8	65
Mushrooms	—	88·1	3·5	0·4	6·8	1·2	185
Onions	10·0	78·9	1·4	0·3	8·9	0·5	190
Parsnips	20·0	66·4	1·3	0·4	10·8	1·1	230
Peas (shelled)	—	74·6	7·0	0·5	16·9	1·0	440
Potatoes	20·0	62·6	1·8	0·1	14·7	0·8	295
Rhubarb	40·0	56·6	0·4	0·4	2·2	0·4	60
Spinach	—	92·3	2·1	0·3	3·2	2·1	95
Tomatoes	—	94·3	0·9	0·4	3·9	0·5	100
Turnips	30·0	62·7	0·9	0·1	5·7	0·6	120
DRIED PULSE.							
Beans	—	12·6	22·5	1·8	59·6	3·5	1,520
Peas	—	9·5	24·6	1·0	62·0	2·9	1,565
Honey	—	—	—	—	81·0	—	1,420
Eggs (hens')	11·2	65·5	13·1	9·3	—	0·9	635
Butter	—	11·0	1·0	85·0	—	3·0	3,410
Milk	—	87·0	3·3	4·0	5·0	0·7	310
Cream	—	74·0	2·5	18·5	4·5	0·5	865
Cream cheese	—	34·2	25·9	33·7	2·4	3·8	1,885
Cheese	—	27·4	27·7	36·8	4·1	4·0	2,075
FLESH FOODS.							
Beef (sirloin)	12·8	54·0	16·5	16·1	—	0·9	975
Mutton (leg)	18·4	51·2	15·1	14·7	—	0·8	890
Fowls	25·9	47·1	13·7	12·3	—	0·7	765
Fish (cod)	29·9	58·5	11·1	0·2	—	0·8	220

PECUNIARY ECONOMY OF FOOD

Amounts of actually nutritive ingredients obtained in different food materials for 10 *cents (approximately about* 5*d.)*

[Amounts of nutrients in pounds ; fuel value in calories.]

FOOD MATERIALS	Price per pound	Ten cents will buy	Pounds of nutrients and calories of fuel value in 10 cents worth
	Cents	Lbs	1 lb 2000 Cal · 2 lbs 4000 Cal · 3 lbs 6000 Cal
Beef, round	14	.71	
Beef, sirloin	20	.50	
Beef, shoulder	12	.83	
Mutton, leg	16	.63	
Pork, loin	12	.83	
Pork, salt, fat	12	.83	
Ham, smoked	18	.56	
Codfish, fresh, dressed	10	1.00	
Codfish, salted	7	1.43	
Oysters, 35 cts per quart	18	.56	
Milk, 6 cents quart	3	3.33	
Butter	25	.40	
Cheese	16	.63	
Eggs, 24 cents dozen	16	.63	
Wheat bread	5	2.00	
Wheat flour	3	3.33	
Corn meal	2½	4.00	
Oat meal	4	2.50	
Beans, white, dried	5	2.00	
Rice	8	1.25	
Potatoes, 60 cents bushel	1	10.00	
Sugar	6	1.67	

THINGS TO REMEMBER IN THE KITCHEN

THE APPARATUS.—A cook must fully understand all her apparatus.

THE RANGE.—A thorough knowledge of the working of the range, the proper cleaning of every part of it, and the frequency with which the flues should be cleaned, is indispensable. No two ranges require exactly the same treatment, much depending on the chimney and the draught; consequently, each individual range must be studied and mastered.

THE CLEANING OF THE RANGE.—The grate should be thoroughly cleared of all cinders and ashes each morning, and the soot swept from the top and sides of the oven and boiler. The fire should then be lighted, and the outside of the grate cleaned and polished.

The flues should be thoroughly cleared at least once a fortnight, and the whole range, including the inside of the oven, scrubbed with soap and water once a week. Treated in this way, very little blacklead is required.

When cooking, have plenty of newspaper at hand with which to rub off anything that is spilt. If this is done at once, the cleaning of the range is half the trouble.

N.B.—Grease is easily rubbed off while the range is hot with newspaper dipped in soot.

THE FIRE.—Always keep a small clear fire burning, and the dampers nearly shut when the range is not required for cooking.

UTENSILS.—Pottery or earthenware vessels* (any good stone or earthen ware will do) are the best to use for all purposes, and, if proper care is taken, last a long time. If fruit and vegetables are cooked in metal vessels, the acid in them acts on the metal, and injurious substances are formed. For this reason, when green vegetables are cooked in metal pots a large amount of water is used. This is thrown away before serving—a wise precaution, as most of the injurious substances go with it; but the valuable mineral salts go too, and, in order to give some flavour to the tasteless remainder, salt and other condiments are added.

A very different result can easily be obtained, as is shown in another part of this book.

For cooking in earthenware more time must be allowed, but the result is superior in every way.

The cooking pots should not be placed over a flame or on red heat.

To insure slow cooking, stand them in a bain-marie or a pan of boiling water.

Never put cold water into them when they are hot, or they will crack.

THE USE OF THE BAIN-MARIE.—A bain-marie is a large oblong tin about 4 inches deep, which is kept half full of boiling water. It is used for heating, and keeping hot, milk, sauces, or any cooked dishes. The materials are put into a basin or earthenware pot, covered closely, and the vessel placed in the boiling water in the bain-marie, where it may remain a long time without spoiling.

When materials require long, slow cooking, the earthenware vessel in which the process of cooking them has been started is placed in the bain-marie, and as long as boiling water is kept in it the cooking will continue.

* The Farnham Potteries make earthenware cooking-pots in many convenient shapes, like the French casseroles and marmites.

When it is necessary to put more water into the bain-marie, it must be quite boiling, or the cooking process will be stopped.

N.B.—It is of importance to remember that any liquid added during the process of cooking must be of the same temperature as the material to which it is added.

Cleaning of Utensils.—Directly the pots are finished with, fill up with hot water and set on one side till the stove-top is free. Then boil the water in them until they are clean, scrub well with a saucepan brush, and rinse first with hot, then with cold water, and stand in the air to dry and sweeten.

Washing Crockery, etc.—All crockery, silver, knives, etc., should be well rinsed in clean hot water after being washed.

N.B.—Knives must be washed quickly, as the blades come out of the handles if left in hot water.

Do not use soda or washing-powder unless the water is very hard.

N.B.—It is most important that all vessels used for preparing or serving food should be thoroughly dry and sweet. Damp fusty vessels spoil the food.

Note.—If steel knives are used in the preparation of food, they must be kept very clean, for the acid of fruit and vegetables acts on the steel and forms injurious substances. Avoid using metal as far as possible with fruits, vegetables, liquids, and moist substances.

Tubs, Dish-Cloths, Brushes, etc.—All tubs, dish-cloths, and brushes, used for washing up should be thoroughly cleansed with soap and water and well rinsed after use, the tubs placed on one side to dry in the air, and the brushes and cloths hung in the air to sweeten.

Towels.—Plenty of dry clean towels are needed when washing up. After use they must be dried in the air or by the fire. If put away damp, they will smell nasty.

SINK.—The sink must be kept perfectly clean and free from grease, and the pipe which connects it with the drain well flushed with hot water every day, and with some disinfectant once a week, to insure it being free from any deposit. A grating should be fastened over the mouth of the pipe to prevent anything going down which could block it up, and an enamel basket kept in the sink in which to collect all refuse, which can then be burnt in the stove or put into the dust-bin.

SMELLS.—The greatest care should be taken to detect the slightest smell in any place or thing, in order to ascertain the cause and remove it.

KITCHEN.—All dirt and dust should be removed from the kitchen premises first thing in the morning after the fire is lighted. The floor and furniture should be plain, such as can easily be kept clean. Any mess made should be cleaned up at once.

Everything should have a place, and be put back into it as soon as finished with.

FOOD.—All articles for food should be kept covered and free from dust in well-ventilated places.

Materials for food should be of the best quality; it is cheaper in the end.

Spice should be bought whole, not ground or "mixed."

Fresh butter should always be used.

Wholemeal flour should be used instead of white flour for all purposes.

COOKING.—The process of cooking must be steady and uninterrupted from its commencement to its finish to insure good results.

The *mechanical* action of water is increased by rapid boiling, but *not* the *heat;* nor is the cooking hastened, except that the food substance is broken up by the violence of the movement of the water-bubbles, and is

therefore acted on more quickly; but this usually spoils the material, and the flavour and goodness are driven off with the steam.

Food must be kept cooking, or it becomes water-logged.

To extract juice and flavour from foods, they should be put to cook in cold water; to preserve them intact, in hot water.

Cold water extracts albumen. Hot water coagulates it.

Always put vegetables, excepting old potatoes, into boiling water. Do not add them to the water in such quantities that it remains off the boil for a long time.

A little oil or butter added to the water in which the vegetables are to be cooked is good. Proportion: One dessertspoonful to a pint.

Milk boils quicker than water.

Fat boils when it ceases bubbling, and a blue smoke is seen rising from it. To ascertain that fat is the right temperature for frying, drop a small piece of bread into it; if it becomes crisp and brown at once, the fat is ready.

Stewing is not boiling.

Frying is a most unwholesome form of cooking.

Savoury mixtures are best prepared the day before they are wanted, as the flavours have time to permeate all the materials used.

To reheat liquids, savoury or sweet mixtures, etc., put into a suitable earthenware vessel, cover closely, and place in a bain-marie or a pan of boiling water.

To keep a meal hot, put the food into a soup plate, cover with a plate or basin, and place over a pan of fast-boiling water.

Cooks.—When elaborately-prepared dishes constitute the principal food, the life of the cook is very trying even under the most favourable circumstances.

A great deal of her time must be spent in an unnaturally heated atmosphere, where all the various

odours of the materials in process of cooking are inhaled, with the result that any natural appetite for food is killed, and the demand of the body for nourishment, and the thirst created by heat, excite only a craving for stimulant in the form of a liquid.

Strong barley-water flavoured with fruit-juice should be prepared for the cook, which she can sip while at work.

Cooks should only take their meals when at leisure, before or after work.

THE PREPARATION OF FOOD

FRUIT

CONTENTS: The preparation of fresh fruit for use—Fruit salads—Fruit beverages—Baked fruits—Stewed fruits—The preparation of dried fruits for use—The cooking of dried fruit—Fruit jellies—Miscellaneous fruit recipes.

The Preparation of Fresh Fruit for Use.

All fruit should be thoroughly cleansed before being used or placed on the table.

N.B.—This is not always necessary when the fruit has been brought in fresh from the garden.

THE CLEANSING OF FRESH FRUIT.—To clean hard and firm fruits, rub carefully with a cloth wrung out in clean hot water.

To clean berries and perishable fruit, place in a sieve and dip quickly in and out of a basin of hot water, rinse well, and place in the air to dry.

Fruit Salads.

Carefully cleanse or peel one, two, or more kinds of fresh fruit; remove stalks, cores, pith, etc.; cut into suitable pieces, and arrange in layers in a deep bowl.

Leave covered up in a cool place for about half an hour before serving.

N.B.—Apples and pears should not form the top layer, as they turn brown when exposed to the air after the skin is removed.

A few stewed raisins or chopped-up stewed figs may be added if liked.

Nuts blanched and cut up, or grated, are also an improvement.

For preparation of dried fruits, see p. 86, and of nuts, p. 90.

For dressing, a little oil, lemon-juice, and honey or sugar, may be poured over if desired, or some well-flavoured fruit, such as plums, raspberries, or currants; or a mixture of fruits may be gently stewed in the oven (without water) to extract all the juices, strained through a sieve, and the juice boiled up with a little sugar to taste. The fruit syrup thus made is then poured over the salad.

Orange Salad.

Oranges. | Nuts.

Slice in rounds as many oranges as are required; having carefully removed all pips and white skin, place in a deep bowl, sprinkle with grated nuts, and stand covered in a cool place for about an hour.

Eaten with cream this is a delicious dish, but food reformers will of course understand that cream with fruit is not recommended.

Orange and Banana Salad.

3 bananas.
1 orange. | 3 Brazil nuts.
Half a lemon.

Slice the bananas lengthwise, and the orange in rounds. Remove all pips and white skin, place them in layers in a fairly deep dish, squeeze over them the juice of half a lemon or one lime, sprinkle the grated Brazil nuts on the top, and stand for half an hour in a cool place before serving.

Mixed Salad.

1 apple.	A piece of cucumber about an inch thick.
1 orange.	Half a banana or a little cold potato.
1 tomato.	

Peel and core the apple; peel the orange, and remove the pips and white skin; peel the tomato, cucumber, and banana; cut into suitable pieces; mix together, and dress with lemon-juice, olive-oil, and sugar or honey to taste, or with salad dressing (see p. 190).

Good Combinations.

1. Bananas and black currants.
2. One banana and six stewed prunes.
3. One part of stewed figs to two of stewed raisins.
4. Two parts of baked apple pulp to one of stewed raisins.

N.B.—Pine kernels may be sprinkled over, or any ground nuts.

Fruit Beverages.

Any fresh fruit rubbed through a sieve, diluted as required with water, sweetened with honey, and, if liked, flavoured with lemon-juice, makes a wholesome and valuable drink. If honey is used, dissolve it in water and warm a little before adding to the juice.

Apple Beverages.

Apples.	Water.

1. Cut up four ripe apples (pippins for choice) into eight slices without peeling, using a silver knife. Put them into 2 quarts of boiling water, keep boiling gently

till the apples are quite soft, pass through a sieve, pressing the apples well against the sides, but not rubbing them through. Sweeten to taste with honey.

2. Bake four or six apples without peeling. When done, and still hot, put them in a jug and pour over them 3 pints of boiling water; cover the jug with paper, and when cold it is ready for use. Sweeten to taste with honey.

Lemonade.

1 lemon. 1 quart of water.	2 moist dried figs split in half.

Boil the figs in water fifteen minutes. Peel the lemon rather thickly, and slice half of it thinly; put the slices and peel into the stewpan, and boil two minutes longer; pour into a jug, cover closely with paper till cold, pass through a sieve, add a teaspoonful of honey, and the lemonade is ready for use.

Orangeade.

Proceed as for lemonade, but use the juice of the whole orange and a little of the peel, and add a teaspoonful of arrowroot mixed smooth in a little cold water, which pour into the boiling liquid at the same time that the orange is put in.

BAKED FRUITS.

Baked Apples.

Thoroughly cleanse the apples in boiling water; then place them wet on a dish and bake in a moderately hot oven. They must be watched carefully, as some apples fall to pieces very quickly.

Baked Bananas.

Cut off the ends of the banana, after thoroughly cleansing the skin in boiling water. Put in a dish in the oven till the skin bursts open like a baked apple; turn it, and brown the other side.

Stewed Fruit (Fresh).

Choose sound, ripe fruit, and cleanse it thoroughly; if necessary, peel, core, and remove all hard, unedible parts.

Put the fruit in an earthenware jar, and, if it is rather dry, add a small cup of water to 2 pounds of fruit; otherwise only rinse the jar out with clean cold water. Cover closely, and cook slowly till tender, either in the oven or on the stove-top.

Dried Fruits.

Cleansing of Dried Fruits.—Carefully look the fruit over to insure only what is sound being used; then put into a sieve, place the sieve in a large basin and pour boiling water over it till the fruit is well covered. Allow it to stand a few minutes for the dirt to soak off, then shake the sieve well, pour off the dirty water and replace by clean; rub and shake the fruit again well, in order to cleanse thoroughly; finally rinse in cold water.

It should be noted that currants need special care in cleansing.

Cooking of Dried Fruits.—Put the fruit in an earthenware stewpot, barely cover with warm water, and allow to stand till the fruit is fully swollen. This

will take several hours; the time varies according to the kind of fruit.

Place in the oven, and simmer gently till the skins are quite tender. On no account allow the fruit to boil.

Fruit Jelly.

¼ ounce of agar-agar.
1 quart of any kind of fruit-juice.
4 ounces of sugar or honey.

Soak the agar-agar in half the juice, then bring the other half of the juice to the boil; pour it on the agar-agar, and boil together for about ten minutes. Stir well, or it will burn. Pour into a wetted mould, and put in a cool place till set.

A little uncooked fruit may be placed in the mould before the syrup is poured in.

Apple Jelly.

1 pound of apples.
¼ ounce of agar-agar.
The juice of a lemon.
The rind of half a lemon.
Half a pint of water.
Sweeten to taste with honey, or sugar, or sweet fruit-juice, such as the juice of raisins, figs, etc.

Put the apples, lemon, and the water, into an earthenware jar, and simmer gently till the apples are quite soft. Soak the agar-agar in a little water, or in the fruit-juice, if this is being employed for sweetening.

Strain the apples through a hair sieve, pressing gently; pour the juice on the agar-agar, and boil together for about ten minutes. Pour it into a wetted mould to set.

Bran Jelly, flavoured fruit, see p. 117.

Barley Jelly, flavoured fruit, see p. 124.

Fruit Meringue.

4 whites of eggs.
5 ounces of castor sugar.
1 pound of stewed fruit.

N.B. — Cherries, strawberries, raspberries, and currants, are nicest, but any fruit suitably mixed will do.

Stew the fruit and put it into a pie-dish. Whisk the eggs to a strong stiff froth, add the sugar by degrees, beating till quite smooth; pour over the fruit, and bake slowly in a cool oven for half an hour.

Prune Shape.

1 pound of prunes.
Half a pint of water.

A piece of agar-agar about 2 inches square.

Stew the prunes in a covered earthenware jar till they are quite soft; strain them through a sieve, and boil the juice with the agar-agar till it is dissolved.

Rub the prunes through the sieve and mix with the juice; pour into a wet mould, and put in a cool place to set. Turn out and serve.

Rhubarb Mould.

1 quart of red rhubarb.
½ ounce of agar-agar.

Lemon-rind and honey or sugar to taste.

Cut the rhubarb in pieces, and put into a wet earthenware stewpan with the lemon-rind; cover closely, and simmer to a pulp, shaking well so that it does not burn. Soak the agar-agar in a little water, and boil till it is dissolved; add it to the rhubarb with the honey or sugar, boil all together for fifteen minutes, remove the rind, pour into a wet mould, and leave in a cool place till set.

Rote Gruetze.

2½ ounces of either cornflour, ground rice, or hominy, to a quart of the juice of any fruit.

Cook the fruit and strain off the juice; mix the flour with a little cold juice, heat the rest of the juice, and pour it gradually on to the mixture, stirring all the time. Put into an earthenware saucepan, and boil for ten minutes, still stirring. Pour into a wet mould to set.

Mincemeat.

1 pound each of raisins, currants, citron, candied peel, butter, and apples (the latter should be peeled and cored before weighing). Half a nutmeg grated.

Cleanse the raisins and currants thoroughly, and stone the raisins; just cover with water, and leave them till they are fully swollen and all the water is absorbed.

Chop the apples, the peel and the citron, finely with a silver knife, also the raisins and currants if desired.

Mix all the ingredients well together. Moisten if necessary with water or lemon-juice, if preferred.

Put into jars, and cover down closely till wanted for use.

NUTS

CONTENTS: The preparation of nuts for use—Nut butter, milk, cream—Nut paste—Nut creams—Miscellaneous nut recipes.

To clean shelled nuts or kernels, scald thoroughly, dry, and place in the oven till they are crisp and the skins rub off easily, or, if skinless, till they become a pale golden brown.

N.B.—Nuts are best bought in the shell, as the oil in them causes them to deteriorate when exposed to the air.

Nut Butter.

Put the nuts through a fine nut-mill, having first removed all skin; then work to a smooth paste with a pestle and mortar. Any nuts may be used, but it is better not to mix the different kinds.

Nut milk and nut cream are made by beating nut butter and warm water together until the required consistency is obtained.

N.B.—They should always be made fresh as required.

Nut Paste.

Prepare the nuts as for butter, then work to a smooth paste with honey. Almonds are especially good done in this way.

Nuts and Honey.

These may be eaten together without any preparation, and form a highly nutritious and warmth-giving food. Its staying-power is great, and it is valuable for persons requiring concentrated nourishment.

Mixed Nut Cream.

3 blanched almonds.
2 walnuts.
2 eggcupfuls of pine kernels or chestnuts.

Pound fine, and soak all night in lemon or orange juice, or both, using just enough to produce the consistency of cream.

Pine Kernel Cream.

Pine kernels. | Lemon or orange juice.

Pound the kernels fine, and mix with lemon or orange juice to form a thick cream.

Pine Kernel and Fig Cream.

Pine kernels. | Figs.

Take equal proportions of pine kernels and figs and pound together into a cream.

Pine Kernel and Baked Apple Cream.

Pine kernels. | Baked apples.

Take three parts of baked apple pulp to one part of pine kernels, and pound together into a cream.

Chestnut Soup.

1 pound of chestnuts.
1 pint of milk.
Three-quarters of a pint of water.
1 large onion.
Half a teaspoonful of arrowroot.

Boil the chestnuts for ten minutes, and remove the skin from them. Put them into an earthenware saucepan with the milk, water, and onion, and simmer gently until

the onion and chestnuts are quite soft; then pass all through a hair sieve. Return to the saucepan, thicken with the arrowroot, and heat thoroughly.

Serve very hot with fried toast.

Chestnut Stew.

1 pound of chestnuts.
1 gill of milk or béchamel sauce (see recipe, p. 193).
1 slice of lemon.
1 bay-leaf.
1 small onion.

Boil the chestnuts and skin them; put them into an earthenware stewpan and cover with the milk or sauce. Add the onion, lemon, and bay-leaf; cover and simmer slowly till quite tender, stirring occasionally. Remove lemon and bay-leaf, add a little cream, beat up thoroughly, and serve very hot.

Curried Nuts.

1 medium-sized onion.
½ ounce of butter.
1 teaspoonful of curry-powder.
Half a peeled and cored apple.
1 pound of tomatoes.
¼ pound of chestnuts.
1 ounce of almonds.
Lemon-juice.

Peel the onion and chop finely; put into an earthenware stewpan with the butter and fry a few minutes. Then add the curry-powder and stir over the fire till well mixed. Next add the apple and lemon-juice, and allow the curry to cook and amalgamate. Next the tomatoes, and when they have fallen to a pulp add a little milk and the skinned chestnuts. Cover closely, and simmer gently till quite cooked. The almonds may be added about a quarter of an hour before serving.

The longer this curry is cooked, the better it is, and the flavour is improved by making it the day before it is needed.

Nut Mince.

1 ounce of butter.
1 onion minced.
1 breakfastcup of wholemeal breadcrumbs.
1 breakfastcup of ground nuts.
1 breakfastcup of water or stock.
Mace and lemon-juice to taste.

Stew the onion in the butter till soft, but not brown; add the water or stock and stir well. Then put in the crumbs, nuts, and mace. Cover and simmer slowly till cooked. Add the lemon-juice just before serving.

A teaspoonful of stewed raisins may be added, if desired.

Nut Cutlets.

2 teacups of wholemeal breadcrumbs.
1 cup of ground nuts.
1 tablespoon of onion-juice.
1 egg.
2 ounces of butter.
1 teaspoon of flour.
1 cup of milk.
A pinch of mace and the juice of half a lemon.

Put the breadcrumbs in the oven with a small piece of the butter, and brown them. Put the rest of the butter into an earthenware stewpan. Gradually add, first the flour, stirring till smooth, then the milk, stirring all the time. Then add the breadcrumbs, nuts, onion-juice, and mace, and stir till the mixture boils. Remove from the fire and add the egg and lemon-juice, mix well, and turn out on to a plate until quite cold.

Mould into cutlets, roll in egg and breadcrumbs, and fry in deep fat till golden brown.

Serve with tomato sauce.

Nut Rissoles.

6 ounces of walnuts.
6 ounces of hazelnuts.
2 ounces of pine kernels.
1 ounce of butter.
8 ounces of wholemeal bread or biscuit crumbs.
1 large onion.
3 eggs.

Braise the onion in the butter in an earthenware pot till quite soft, add the water, then the crumbs and nuts, ground. Simmer till cooked, remove from the fire, and beat in the eggs, one by one; spread on a plate to cool. When cold, form into rissoles, roll in egg and breadcrumbs, and fry in deep fat.

Nut and Potato Balls.

1 teacup of cold mashed potatoes.
1 teacup of ground nuts.
1 teacup of wholemeal breadcrumbs.
1 onion stuck with a clove.
1 tablespoon of butter.
1 teacup of milk.
1 teaspoon of *fresh* herbs.

Stew the onion in an earthenware pan in a little of the butter till tender, being careful not to burn it, and take the clove out when it swells. Remove the onion from the pan. Mince finely and mix it with the nuts, breadcrumbs, and finely chopped herbs. Add a little of the milk to the butter, stirring it in gradually; then add the mixture and bring it to the boil, stirring all the time. Remove from the fire, and turn out on to a plate till cold. Warm the potatoes in the rest of the milk, and beat them up with the butter till white and smooth. Make balls of the nut mixture, coat them with the potato, roll in wholemeal flour, and fry crisp and brown in deep fat.

Nut and Potato Pie.

Put some of the mixture described in the previous recipe into a pie-dish, with the potato piled on the top, and small pieces of butter placed all over, and bake till brown in the oven.

Nut Roast.

2 breakfastcupfuls of wholemeal breadcrumbs.
1 teacupful of ground nuts.
The juice of one lime or half a lemon.
A little mace.
A grated onion
A small piece of butter.
1 egg.
Half a pint of milk.
1 teaspoonful of wholemeal flour.

Melt the butter in an earthenware stewpan, stir in the flour, milk, and onion; let them boil, and then add the breadcrumbs and ground nuts, and stir until the mixture thickens. Remove from the fire, and stir in the egg, lime-juice, and mace, and put aside to cool. When cold, mould the mixture into a long shape, put pieces of butter on the top, and bake slowly in the oven till crisp and brown. Baste it well, and keep it covered with buttered paper to prevent the outside getting hard.

Serve very hot with tomato sauce.

Nut Rolls.

½ pound of nut roast (see previous recipe).
2 ounces of Nutter suet or any vegetable fat.
2 thick slices of wholemeal bread.
Mixed herbs to taste.
1 or 2 eggs.

Pass all the ingredients through the nut-mill. Break one egg into the mass and mix well. If one egg is not sufficient to bind, add another; the mixture should be as stiff as possible. Flour the hands, form into small rolls, and fry in Nutter.

Tomatoes stuffed with Chestnuts.

2 gills of milk.
2 ounces of butter.
1 ounce of flour.
6 large tomatoes.
12 chestnuts.
1 teacupful of crumbs.
2 egg yolks.
1 shallot.
Nutmeg to taste.
1 bay-leaf.

Prepare the tomatoes for stuffing by scooping out the centre, which set carefully aside. Put half the milk into an earthenware stewpan, add half an ounce of the butter, the bay-leaf, and grated nutmeg. When boiling, stir in the crumbs and simmer for ten minutes. Remove from the fire, take out the bay-leaf, and stir in the egg yolks. Boil and peel the chestnuts, and stew them in a little of the butter, in which the finely chopped shallot has previously stewed. When tender, drain from the butter and rub through a sieve, or mash with a silver fork. Mix the purée with the crumbs, etc., and stuff the tomatoes with the mixture.

Place the tomatoes, with the rest of the butter, in the stewpan from which the chestnuts have been taken, and cook over a slow fire for about fifteen minutes, or less. Lift out carefully when ready, and keep hot. Into the butter in the stewpan stir gradually the flour and the tomato pulp, lastly the rest of the milk. Bring to the boil, stirring all the time, and simmer gently for about ten minutes till well cooked. Strain and pour round the tomatoes, sprinkle chopped parsley on each, and serve very hot.

CEREALS

CONTENTS: The plain preparation of Wheat—Wheatmeal—Barley—Oatmeal—Maize—Rice—The plain preparation of foodstuffs prepared from cereals—Miscellaneous recipes of the above.

WHEAT.

Frumenty—Porridge—Bread—Cakes—Pastry—Pastry sweets—Baked puddings of wholemeal, plain and elaborate—Boiled puddings of crumbs—Boiled or steamed puddings of wholemeal, plain and elaborate—Boiled or steamed puddings of crumbs—Bran jellies and tea—Macaroni recipes, plain and elaborate—Semolina—Grape nuts—Shredded wheat—Granose, etc.

To cleanse grains, put them in a fine sieve, stand the sieve in a basin, pour boiling water over them, and shake well; throw away the first water, add fresh, and repeat the process until the water runs through quite clean.

Frumenty.

Wheat.		Milk.
Water.		Raisins.

Put some fresh wheat into an earthenware jar, with sufficient water just to cover it; stand it in the oven until the grains have fully swollen and burst. Add more water if necessary, but all the moisture must be absorbed; then add milk, and simmer slowly until quite thick; when nearly done, some large stewing raisins may be added, if desired. Continue simmering until the raisins are cooked. Frumenty must be prepared the day before it is wanted.

Wheatmeal Porridge.

4 tablespoonfuls of wholemeal flour.*	1 pint of water.

Put the flour into an earthenware stewpan, and add the water by degrees, mixing it into a very smooth batter. If too thick, add more water; place on the fire and boil for twenty minutes, keeping it stirred all the time, so that it does not brown.

Stewed fruit, honey, or cream, may be eaten with this, if liked.

French Porridge.

2 tablespoonfuls of wholemeal flour.	1 pint of milk. Honey.

Put the flour into an earthenware stewpan, and add the milk by degrees, mixing it into a very smooth batter; if preferred thicker, use less milk. Place on the fire and boil for twenty minutes, stirring it all the time, so that it does not burn. Sweeten to taste with honey, and add a little butter if desired.

Plain Bread.

Water.	Wholemeal flour.

Into the required quantity of very cold water, beat well enough flour to make a stiff dough, which must leave the sides of the basin clean and must not stick to the fingers. Knead very thoroughly, form into small loaves, and bake at once in a very hot oven. Forty minutes should be long enough if the oven is properly heated.

* *Artox flour*, prepared by Appleyard, Rotherham, is an excellent stone-ground wholemeal flour.

Broadlands Bread.

Wholemeal flour.
1 pint of very cold water.
1 dessertspoonful of pure olive-oil.

Beat the oil and water well together, then gradually shake into them, beating all the time, enough flour to form a stiff dough, which must leave the sides of the bowl clean and must not stick to the fingers. Knead very thoroughly, form into about eight small loaves, and bake in an oven heated as for pastry. Forty minutes should bake them thoroughly if the oven is the right temperature.

Milk and water, or milk alone, may be used instead of water, if preferred; and for a shorter, richer bread more oil may be used.

Egg Bread.

Wholemeal flour.
1 egg.
1 teacupful of milk and water.

Beat the egg, milk, and water well together; then shake in the wholemeal flour, beating well till the mixture binds together; pour into a hot tin, and bake in a very hot oven about half an hour.

French Bread and Milk.

1 large slice of wholemeal bread.
2 ounces of butter.
1 egg yolk.
2 tablespoonfuls of milk.

Break the bread into an earthenware saucepan, and add just enough water to cover it; stir well over the fire, allowing it to boil five minutes, add the butter, mix thoroughly, and remove from the fire. Have ready the yolk of egg well beaten with the milk; add this to the mixture, stirring very quickly for half a minute, pour into a basin, and serve hot.

Milk Rolls.

1 cup of cold thin cream or new milk. | 3 cups of wholemeal flour.

Put the flour into a china bowl, and stir the cream or new milk very slowly into it, drop by drop; collect the dough, and knead well on a floured board for about ten minutes. Form into rolls or twists, brush with a beaten egg, and bake from thirty to forty minutes in a hot oven.

Fruit Rolls.

Raisins or currants well washed and dried may be worked into a dough prepared as for milk rolls, after kneading, and the rolls finished in the same manner.

Egg Rolls.

1 fresh egg.
Wholemeal flour. | 1 teacupful of cold boiled water.

Beat the eggs and water thoroughly together, sift slowly into them enough wholemeal flour to make a stiff batter, beat well till full of bubbles, put into hot pans, and bake about twenty minutes in a hot oven.

Lunch Biscuits.

2 ounces of butter.
½ pound of wholemeal flour. | A little warm milk and water.

Rub the butter into the flour and mix to a soft paste with a little warm milk and water, roll out very thin, prick all over, and bake in a moderately hot oven till brown.

Scalded Scones.

Boiling milk and wholemeal flour.

Put the required quantity of flour into a bowl, and pour on to it enough boiling milk to make a light paste; mix well and quickly, place on a hot floured girdle, and bake about ten minutes.

Scones.

2 ounces of butter.
½ pound of wholemeal flour.
1 egg.
Honey and milk.

Rub the butter into the flour, stir into them the egg well beaten, and enough honey and milk to sweeten, and make into a stiff paste. While mixing beat lightly till the mixture is full of bubbles. Roll out and cut into shapes, and bake in a hot oven from ten to fifteen minutes.

Wholemeal Tea Cakes.

¼ pound of butter.
1 pound of wholemeal flour.
2 eggs.
Honey to taste.
¼ pound of sultanas or raisins.
Milk.

Rub the butter into the flour, add the sultanas or raisins. Beat the eggs and honey well together, stir them into the flour, etc., with sufficient milk to make a stiff dough; roll out, cut into rounds, and bake ten or fifteen minutes in a very hot oven.

Buttermilk Tea Cakes.

1½ pounds of wholemeal flour.
¼ pound of butter or Nutter.
½ pound of sultanas.
1 pint of buttermilk.
Honey to taste.

Mix as for wholemeal tea cakes, using the buttermilk in place of eggs and milk.

Shortbread.

Equal quantities of wholemeal flour, rice flour, and butter.
Half the quantity of sugar.

Work the ingredients to a dough with the hands, turn on to a pastry-board and work a little more. Cut to any shape desired, and bake for half an hour in a moderate oven.

Short Cakes.

6 ounces of Nutter (if butter is used, rather more will be needed).
1 pound of wholemeal flour.
A few raisins or currants.
The yolk of 1 egg.
A little quite cold water.

Mix the fruit and flour together, rub in the Nutter, add the yolk of egg well beaten, and enough quite cold water to moisten. Roll out and fold over three times, cut into shapes, and bake in a moderate oven till crisp, about fifteen minutes.

Flat Cake.

6 ounces of Nutter (if butter is used, rather more will be needed).
1 pound of wholemeal flour.
A few raisins or currants.
A little sliced peel.
1 well-beaten egg.
Some milk.

Mix as for a cake. Pour into a hot flat tin, and bake for about twenty minutes.

Rich Cake.

1 pound of wholemeal flour.
1 pound of dried fruit.
¾ pound of butter.
½ pound each of sugar and peel.
7 eggs.

Beat the butter and sugar into a cream. To this add the carefully prepared fruit and peel, then the eggs one by one, beating the whole time; lastly, gradually add the

flour, beating all well together with a wooden spoon, always round the same way. Should the mixture be too stiff, add a very little milk.

Put into tins lined with greased paper, and bake in a moderate oven one and a quarter to one and a half hours. The fruit and peel may be varied by means of nuts, pine kernels, spice, or anything desired.

Buttermilk Cake.

Take half the quantity of butter and eggs given in the recipe for a rich cake to the same quantity of the other ingredients, and use buttermilk to moisten to the right consistency. Mix thoroughly, and bake in the same way.

Sponge Cake

3 eggs and their weight in sugar or honey, and the weight of 2 eggs in wholemeal flour.

Beat the eggs well for ten minutes, add sweetening, and beat again for fifteen minutes; stir the flour in very lightly, put in a well-greased tin, and bake in a hot oven, with greased paper over the top of the cake.

Cream Cake.

2 teacups of castor sugar.
2 teacups of wholemeal flour.
1 teacup of pure thick cream.
3 eggs.

Beat the eggs and sweetening together for thirty minutes, add the flour, beating well all the time, and then the cream.

Pour the mixture into a tin lined with greased paper, and put a piece on the top; bake in a fairly hot oven. Do not open the oven door for half an hour; then remove the top paper, and bake about three-quarters of an hour longer. Set on a sieve to cool.

Swiss Roll.

2 eggs.
2 ounces of wholemeal flour.
1½ ounces of sugar or 1 tablespoonful of honey.

Beat the ingredients together for twenty minutes. Bake in a flat tin in a very hot oven for about ten minutes. If possible, do not open the oven door for the first eight minutes.

WHOLEMEAL PASTRY.

Plain Paste.

Wholemeal flour.
Water.
Butter or Nutter.

Put the required amount of flour on the pastry-board, make a hole in the centre; put in half its weight of butter (or rather less if nut butter is used), and enough water to make a stiff dough; mix well together, and it is ready for use.

(This is the paste to be used for steamed or baked fresh fruit puddings.)

Short Paste for Fruit Tarts.

6 ounces of butter, or rather less of nut butter.
2 whole eggs.
1 pound of wholemeal flour.
1 wineglass of water.

Rub the flour and butter well together, make a hole in the centre and put in the whole eggs and the water, gradually work the flour in lightly, and mix well together.

Puff Paste.

1 pound of wholemeal flour.
1 pound of butter.
1 egg yolk.
The juice of 1 lemon.
Cold water.

Make a hole in the centre of the flour, and put in the egg and the lemon-juice; mix with the hand to a soft

flexible paste, dry off with flour till the board is quite clean, but do not work it more than can be helped. Let it remain twenty minutes on a slab in a cold place.

Squeeze all the moisture out of the butter by wringing it in a cloth; bring it to the same consistency as the paste, upon which place it. Press out with the hand, then fold the edges of the paste over to hide the butter; roll out till $\frac{1}{4}$ inch thick and about 2 feet long. Fold over one-third, and then the other, passing the rolling-pin over each time, thus forming a square. Turn it with ends top and bottom before you, shake flour over and under, and repeat the rolls and turns twice again.

Flour a baking-sheet, and lay the paste on it in a very cold place for half an hour; then roll and turn twice more, place again for fifteen minutes in a cold place, give two more rolls and turns (making seven in all), and it is ready for use.

Half-Puff Paste.

1 pound of wholemeal flour.	1 egg yolk.
10 ounces of butter.	The juice of 1 lemon.
	Water.

Rub 2 ounces of the butter well into the flour, put in the egg yolk and the lemon-juice, and mix with water as for puff paste.

Place the rest of the butter ($\frac{1}{2}$ pound) on the paste, and proceed as before—*i.e.*, for puff paste.

Paste for Raised Pies.

3 ounces of butter, or rather less of Nutter.	1 teacupful of boiling water.
	$\frac{3}{4}$ pound of wholemeal flour.

Put the butter or Nutter into the boiling water. Put the flour in a bowl, make a hole in the centre and pour in the liquid, stirring all the time till thoroughly mixed;

knead well. When nearly cold, remove about a third. Raise the rest into a pie; fill with a savoury mixture of cold cooked vegetables, pulse, macaroni, etc.; pour in gravy prepared with agar-agar, as for galantine (see p. 174); put on the cover and bake, or make into small pies, turnovers, etc.

Confectioner's Paste, or Pâte d'Office.

½ pound of flour. | 4 eggs.

Stir the eggs into the flour, mixing well to a rather stiff paste, work well, and it is ready for use.

Open Fruit Tarts.

Line a shallow dish with half puff paste or puff paste (see recipes, pp. 104, 105), as desired; bake carefully in a hot oven from fifteen to twenty minutes, then fill with any good stewed fruit prepared and seasoned to taste.

Fresh Fruit Tarts.

Fill a pie-dish with fruit, cover with paste (see recipe, p. 104), and bake in a hot oven till the paste is crisp and the fruit cooked—about three-quarters of an hour.

Boiled, Steamed, or Baked Fresh Fruit Pudding.

Line a basin with plain short paste (see recipe, p. 104), fill with any fresh fruit, cover with paste and cover down closely with buttered paper; boil (see method of boiling and steaming puddings, p. 113) one and a half hours to a pound pudding. If steamed, half an hour longer must be allowed. If baked, rather less time will be enough in a moderately hot oven.

Baked Roll Pudding with Fresh Fruit.

Roll out puff paste (see recipe, pp. 104, 105), place in the centre any fruit desired, roll up, and put on a baking-tin. Treacle or jam may be used instead of fruit. Bake slowly, allowing one hour to a pound for fresh fruit. For jam or treacle time to cook the pastry is sufficient—twenty to thirty minutes for a pound pudding.

Apple Dumplings.

Peel and core sufficient apples of the same size. Fill up the centres with brown sugar and a clove if liked. Wrap in a short paste (see recipe, p. 104), and bake slowly in a moderately hot oven about half an hour.

Apple Tartlets.

½ pound of apples.
2 ounces of sugar or honey.
2 eggs.
1 ounce of cakecrumbs.
2 ounces of butter.
1 wineglass of water.
A piece of cinnamon.
4 cloves.
2 strips of lemon-peel.

Line some patty-pans or a plate with paste (see recipes, pp. 104, 105). Stew the apples with the water, sugar, and flavourings, till tender; put them through a sieve, and fill the patty-pans with the mixture. Beat the crumbs and butter to a cream, add the eggs, and beat well together; spread a layer over the apples, and bake in a moderately hot oven till a golden brown—about fifteen to twenty minutes. Serve hot or cold.

Bakewell Pudding.

4 eggs.
4 ounces of butter.
½ pint of milk.
1 ounce of chopped sweet almonds.

Cream the butter and beat it with the yolks of the four eggs and the whites of two eggs. Add the milk and

almonds. When well mixed, place over the fire, stirring constantly till the mixture thickens, but do not allow it to boil.

Line a dish with paste (see recipe, p. 104); cover the bottom with large stoned raisins and currants. Pour the mixture over them, and bake in a moderately hot oven for about twenty minutes.

Curd Cheese Cakes.

½ pint of buttermilk.
½ pint of fresh milk.
1 or 2 eggs.
1 ounce of butter.
1 ounce of sultanas.

Boil the milk and buttermilk together and strain off the curds; beat them up, and add the sultanas, eggs, and butter.

Line some patty-pans or a plate with short paste (see recipe, p. 104), fill them with the mixture, and bake in a hot oven from ten to fifteen minutes.

Cheese Cakes.

¼ pound of ground rice.
¼ pound of butter.
¼ pound of sugar.
¼ pound of currants.
2 eggs.
Lemon-peel to taste.

Beat the butter till light and soft, and add the other ingredients. Line some patty-pans or a plate with short paste (see recipe, p. 104), fill with the mixture, and bake in a moderate oven from fifteen to twenty minutes.

Lemon Tart.

1 ounce of cornflour.
2 ounces of sugar or honey.
½ pint of boiling water.
1 lemon, rind and juice.
2 eggs.

Mix the cornflour quite smooth with a little cold water, pour in the boiling water, and boil for ten minutes. Add the sweetening and the juice and grated

rind of the lemon. When the mixture is cool, add the yolks of the eggs unbeaten, and stir them well in. Line a pie-dish with short paste (see recipe, p. 104), pour the mixture into it, and bake for twenty minutes in a hot oven. Beat up the whites of the eggs to a stiff froth and cover the tart with them; return it to the oven to brown slightly.

Lemon Cream Tartlets.

½ pint of milk.
2 eggs.
Lemon-peel.
1 ounce of sifted wholemeal flour.

Put the milk into an earthenware saucepan with a piece of lemon-peel, and boil until it is reduced to half the quantity. In another pan mix together the egg yolks and sifted flour. Pour in the milk (having removed the lemon-peel), and stir over a slow fire till the mixture thickens. When cold, fill some patty-pans lined with short paste (see recipe, p. 104), and bake in a moderate oven from ten to fifteen minutes. Put jam and meringue (see recipe, p. 88) on the top, if desired, and return to the oven till lightly coloured.

Pumpkin Pie.

1 young marrow.
2 ounces of currants.
2 ounces of raisins.
1 ounce of mixed peel.
1 ounce of butter.
1 lemon.
4 ounces of strained honey.

Cut the marrow in small pieces, and put them in a covered earthenware jar in the oven for about half an hour; then add all the ingredients, except the lemon-juice, and return to the oven till cooked. Mix well together, and add the lemon-juice.

Make a short paste (see recipe, p. 104), and bake it in the form of an open tart. When it is ready, fill it with the mixture and serve hot or cold.

West Riding Pudding—Sponge Tart Pudding.

2 ounces of wholemeal flour.
2 ounces of Nutter.
2 ounces of sugar.
1 egg.
Rhubarb jam or fruit.

Line a pie-dish with paste (see recipes, pp. 104, 105), making a double edge, and bake. When nearly cold, spread fruit or jam at the bottom, and cover with a sponge mixture made by beating the egg, butter, and sugar, to a cream, and beating in the flour. Cover with a paper, and bake three-quarters of an hour in a hot oven.

BAKED WHOLEMEAL PUDDINGS.

Angel Puddings.

2 ounces of wholemeal flour.
2 ounces of sugar or honey.
2 ounces of butter.
½ pint of new milk.
2 eggs well beaten before adding.

Mix the ingredients, and bake in small patty-pans in a hot oven till light brown—from fifteen to twenty minutes.

Batter Pudding.

To each egg allow its weight in flour and ¼ pint of milk.

Beat the eggs well, shake in the flour; then gradually mix in the milk; leave for fifteen minutes. Then put the mixture into a basin, cover well with a buttered paper, and boil (for method of boiling, see p. 113), allowing one hour to a pound pudding; or it may be put into a hot buttered dish and baked for half an hour in a hot oven.

Batter for Fritters.

½ pound of wholemeal flour.
½ pint of water.
2 ounces of butter.
3 eggs.

Stir the flour and water gently together to a smooth batter; then add the yolks of the eggs well beaten, and the whites whipped to a stiff froth. Melt the butter in an earthenware stewpan, and as soon as it is very hot drop the batter in, either in spoonfuls or to form a large fritter.

Slices cut from peeled and cored apples, or banana pulp, or any other suitable fruit or vegetable, may be either dipped in the batter and fried, or mixed lightly with it before frying.

Castle Puddings.

3 ounces of butter.
3 ounces of sugar or honey.
3 egg yolks.
4 ounces of wholemeal flour.
Nutmeg.

Beat the butter to a cream with a wooden spoon; then add the sugar, eggs, flour, and seasoning. Mix well, and bake in little deep cups or tins about fifteen minutes in a hot oven. Serve with sweet sauce or fruit sauce.

Fruit Cake Pudding.

1 teacupful of wholemeal flour.
1 teacupful of fruit (raisins, cherries, peel, currants, etc.).
2 ounces of butter.
2 eggs.
Lemon rind and juice to taste.

Warm the butter a little, and beat the fruit into it with a wooden spoon; then beat in the eggs, flour, and flavouring. If too stiff, add milk till it is the consistency of batter. Turn into a flat buttered dish, and bake in a moderately hot oven till lightly brown—about half an hour.

Baked Roll Pudding.

See recipe for steamed roll pudding, p. 114.

Sponge Pudding.

2 eggs, and their weight in wholemeal flour, butter, and sugar or honey. Lemon juice and rind to taste.

Beat the butter to a cream, add the eggs, and sift in the flour; beat well, pour into a buttered basin or cups, and bake in a moderately hot oven from twenty to thirty minutes. Serve with lemon or fruit sauce.

BAKED CRUMB PUDDINGS.

Apple Charlotte.

Bread and butter.
Apples.
Butter.
Grated lemon-rind.

Butter a mould well, and line it with thin wholemeal bread and butter. Peel, core, and slice enough apples to fill the mould, and toss them in butter, with a little water and grated lemon-peel, over a hot fire till quite cooked. Egg and crumb the mould inside, fill it with the apples, cover them with bread and butter, and bake in a hot oven till the bread is nicely browned—about twenty minutes. Turn out and serve very hot.

Cabinet Pudding.

1 quart of milk.
5 eggs.
4 rounds of thin wholemeal bread and butter, or 2 ounces of stale cakecrumbs.
2 ounces of mixed fruit (currants, raisins, peel, cherries, etc.).
Honey or sugar to taste.

Butter a basin or pie-dish, and line it with the fruit and peel; fill it up with the bread and butter or crumbs. Dissolve the sweetening in the milk, and stir in the egg

yolks well. Pour the mixture over the other ingredients in the basin or dish, and allow it to stand for half an hour; then bake slowly, till lightly set, in a moderately hot oven from fifteen to twenty minutes.

Golden Balls.

1 ounce of sweet almonds.
2 ounces of bitter almonds.
3 tablespoonfuls of apricot jam.
2 ounces of wholemeal breadcrumbs.
2 well-whisked eggs.
1 ounce of butter.

Beat the butter to a cream, add the eggs, and then all the other ingredients; mix well together. Half fill some buttered cups, and bake for twenty minutes in a moderately hot oven.

Swiss Apple Pudding.

½ pound of fine wholemeal breadcrumbs.
3 ounces of Nutter or butter.
1½ pounds of apples.
Sweeten to taste with sugar, honey, or fruit-juice.

Grease a pie-dish, mix the butter and crumbs together; peel, core, and slice the apples. Put a layer of crumbs at the bottom of the pie-dish, then one of apples, with a little lemon-rind grated over them; continue putting apples and crumbs alternately till the dish is full, finishing with crumbs and sweetening at the top. Bake one hour in a moderately hot oven; turn out for serving on to a hot flat dish.

BOILED OR STEAMED WHOLEMEAL FLOUR PUDDINGS.

Plain Steamed Pudding.

Equal quantities of wholemeal flour and Nutter.

Chop the Nutter finely and mix well into the flour with a knife, and moisten with water; put it into a basin and cover closely with buttered paper. Stand in a

covered saucepan, with boiling water halfway up the sides of the basin. Time to boil, one and a half to two hours to a pound pudding. (N.B.—Add boiling water to the saucepan as it reduces.) Milk and eggs or fruit may be used, if desired.

If a steamer is used, one hour longer must be allowed for cooking.

Roll Pudding.

Equal quantities of wholemeal flour, Nutter, raisins, currants, and peel (chopped finely). A little water.

Mix the ingredients to a stiff paste with a little water, form into a roll, tie up firmly in a floured cloth, and boil, allowing one hour to a pound pudding.

If preferred, the raisins, currants, and peel, may be omitted, and the paste rolled out very thin on a floured board, spread with jam or treacle, rolled up carefully, and boiled in the same way.

These puddings may be baked, if desired.

N.B.—Raspberry jam is best to use for a jam roll, and the paste is lighter if, in mixing, only half the Nutter is rubbed into the flour, and the rest kept to be spread on to and rolled into the paste before rolling it out.

Steamed Batter Pudding.

See recipe for baked batter pudding, p. 110. For method of steaming or boiling, see pp. 113, 114.

Fig Pudding.

6 ounces of wholemeal flour.
4 ounces of Nutter.
6 ounces of chopped figs.
Lemon juice and rind to taste.

Chop the fat finely, and mix well with the flour, figs, and grated lemon-rind; moisten with water and lemon-juice. Put into a basin, cover closely with a buttered paper, and boil from two and a half to three hours. For method of boiling, see plain steamed pudding, p. 113.

Raisin Pudding.

- ½ pound of Nutter chopped fine.
- ¼ pound of raisins.
- ¼ pound of currants.
- ¼ pound of ground rice.
- ¼ pound of wholemeal flour.
- 1 cup of milk, or milk and water.

Mix the ingredients well, put into a buttered basin, cover closely with buttered paper, and boil two and a half to three hours. For method of steaming and boiling, see p. 113.

BOILED OR STEAMED CRUMB PUDDINGS.

Cabinet Pudding.

- 1 ounce of raisins.
- ½ ounce of currants.
- ¼ ounce of lemon and citron peel mixed.
- 1 pint of milk.
- 1 ounce of wholemeal breadcrumbs, or bread and butter.
- 3 eggs.
- Lemon-rind to taste.

Butter a mould and line it with raisins, stoned. Boil the milk with a piece of lemon-peel, remove the peel, and pour the milk over the crumbs or bread and butter, and let it soak for half an hour; then add the eggs, currants, lemon and citron peel, pour into the mould, cover closely with buttered paper, and steam one hour (for method, see p. 113).

Date Pudding.

- 6 ounces of breadcrumbs.
- 2 ounces of hazelnuts.
- 2 ounces of almonds.
- ¼ ounce of nutmeg grated.
- 4 ounces of wholemeal flour.
- 4 ounces of cane-sugar or honey
- 1 pound of dates washed, stoned, and chopped.
- ¼ pound of butter.
- 3 eggs and a little milk

Mix all the dry ingredients together. Beat the butter to a cream with the honey or sugar, add the eggs, well beaten, and the rest of the ingredients, and mix well,

Put the mixture into a buttered pudding-basin, cover closely with buttered paper, and steam two hours or longer (for method, see p. 113).

Lemon Pudding.

½ pound of wholemeal bread-crumbs.
¼ pound of nut butter.
2 eggs and a little milk.
The rind of 2 lemons and the juice of 1 lemon.
Sweeten to taste with sugar or honey.

Beat the butter to a cream, add the eggs, sweetening, crumbs, and grated lemon rind and juice. Mix well with a little milk, put into a buttered basin, cover closely with buttered paper, and steam one and a half hours (for method, see p. 113).

Treacle Pudding.

Equal quantities of flour, wholemeal crumbs, treacle, nut butter.

Mix the ingredients well together, and allow to stand all night; put into a buttered basin, cover closely with a buttered paper, and boil well, allowing one and a half hours to a pound pudding (for method, see p. 113).

Windsor Pudding.

¼ pound of wholemeal bread-crumbs.
¼ pound of raisins or sultanas.
¼ pound of apples (weighed after peeling and removing cores).
2 eggs.

Mix all the ingredients well together, and, if not moist enough, add a little milk. Put into a buttered basin, cover closely with buttered paper, and boil one and a half to two hours (for method, see p. 113).

Christmas Plum Pudding.

8 new-laid eggs.
1½ pounds of raisins stoned.
1½ pounds of sultanas.
¾ pound of currants.
1½ pounds of dry bread-crumbs.
1 pound of flour.
½ pound of citron cut in thin strips.
½ pound of orange and lemon peel cut as the citron.
½ pound of dark treacle.
1½ pounds of butter.
½ pound of almonds blanched and cut in strips lengthwise.
1 nutmeg finely grated.
2 ounces of cinnamon powdered.
1 pound of sugar, if desired.
1 pint of milk (about).

Chop the butter, and mix thoroughly with the flour, breadcrumbs, nutmeg, and cinnamon. Add the fruit and peel, and then the eggs, well beaten, the treacle, and lastly the milk.

Mix the whole thoroughly well together, put into buttered basins, tie down securely with buttered paper or a well-floured cloth, and boil, allowing one and a half hours to a pound.

Bran Jelly (Half Pint).

2 breakfastcups of bran. | 3 breakfastcups of water.

Put the ingredients in the oven in an earthenware covered jar, and cook slowly for four or five hours. Strain, pressing with a spoon to extract all the goodness; put into a wet mould in a cool place to set.

To Flavour.

Apple.—Put in the jar with the bran and water one apple, peeled, cored, and cut up, a three-inch strip of orange-rind, and a three-inch strip of lemon-rind; let all cook together. Half an hour before straining add the juice of a whole lemon.

Figs.—Three figs instead of apple.

Prunes.—Three prunes instead of apple.

Raisins. — One tablespoonful of raisins instead of apple.

Or a mixture of any fruits to taste.

Bran Tea.

Prepare as for bran jelly, strain, and flavour with any fruit-juice preferred.

PREPARED WHEAT.

Macaroni.

1. To blanch any kind of macaroni, put 2 ounces of butter into 2 quarts of boiling water, add 1 pound of macaroni, and cook gently till tender, not mashed; drain on a sieve, and save the liquid for sauce or soup.

2. Lay macaroni in an earthenware pot, with an onion stuck with two cloves, and just cover it with boiling water; simmer gently till all the water is absorbed. If the macaroni is not cooked enough, add more water. When cooked, drain carefully, in order not to mash it; remove the onion, and return the macaroni to the pot, with a little hot milk or cream. Allow it to soak for about ten minutes, drain, and serve—plain or with any savoury sauce.

N.B.—Use any liquid drained from the macaroni to make the sauce.

Vermicelli au Lait.

To 1 pint of boiling milk add 1 tablespoonful, or rather more, of vermicelli, and simmer for twenty minutes.

Macaroni Timbale.

Butter a plain mould or basin, and line it with cooked macaroni; half fill it with a good forcemeat or any savoury mixture, moisten with a little gravy or

tomato sauce, fill up with a savoury custard, and bake; fasten a napkin round the mould and serve.

Baked Macaroni.

½ pound of macaroni.
1 ounce of butter.
1 gill or more of good onion sauce, or cream.

Blanch the macaroni (see directions, p. 118). Heat the butter in an earthenware stewpan with a little finely minced onion; cook till tender, but not brown; put in the cooked macaroni, and moisten with the sauce or cream. Mix carefully, so as not to break the macaroni. Simmer for a few minutes. Pile the mixture neatly on a buttered baking-dish, pour over a little more sauce, if needed. Sprinkle with breadcrumbs, and pour a little oiled butter over. Bake in a hot oven for ten minutes.

Creamed Spaghetti.

¼ pound of spaghetti.
1 onion stuck with 2 cloves.

Put the onion and spaghetti in an earthenware stewpan, and just cover with boiling water; simmer gently until all the water is absorbed, taking care to shake the stewpan well to prevent burning. When quite cooked, add a little hot cream. Remove the onion and serve hot.

If liked, tomato sauce or pulp may be mixed with the spaghetti just before serving.

Delhi Stew.

2 carrots sliced.
Half a head of celery cut small.
2 onions sliced.
1 ounce of butter or Nutter.
A bouquet of herbs.
Macaroni.

Stew all the vegetables together in the butter till quite tender. Blanch (see recipe, p. 118) some macaroni, and keep it hot. Rub the vegetables through a sieve,

and return to the pot with the macaroni stock (there should be sufficient to make a nice thick gravy).

Have ready some slices of wholemeal bread, about ¼ inch thick, dipped first in milk and then in beaten egg, and fried crisp and brown in butter. Pile them in the centre of a ring of macaroni, pour the gravy round, and serve at once very hot.

Macaroni Stew.

6 ounces of macaroni or spaghetti.
1 large onion stuck with 2 cloves.
2 carrots cut in small pieces.
2 ounces butter or Nutter.
1 ounce of wholemeal flour.
1 pint of brown stock (see recipe, p. 170).
A little mace and lemon-juice.
2 whole peppercorns.

Melt the butter in a large casserole, slice the onion and fry pale brown, stir in the flour, and let it brown slightly; add the mace and the two whole peppercorns (these with the cloves must be removed before serving). Moisten with the stock, and bring to the boil. Now add the macaroni and carrots. Cover the casserole, and let all simmer slowly until quite cooked—about one hour. This stew should be served *en casserole.*

Macaroni à l'Italien.

4 ounces of macaroni.
2 ounces of butter.
4 ounces of tomatoes.
Wholemeal flour.
Breadcrumbs.
Milk.

Boil the macaroni till quite cooked, in enough milk to cover it. Add a little of the butter, and thicken slightly with flour, worked to a smooth paste in a little cold milk. Stir well over the fire. Scald and skin the tomatoes, and stew in the rest of the butter till nearly cooked. Butter a baking-dish, and strew the bottom with breadcrumbs. Place over these a layer of macaroni, then a layer of tomatoes, and so on, till the dish is full, finishing with macaroni. Strew fine breadcrumbs over

the top, and pour over the oiled butter in which the tomatoes were cooked. Bake golden brown in a hot oven.

Italian Macaroni Pie.

¼ pound of macaroni.
4 ripe tomatoes.
1 onion stuck with 1 clove.
6 mushrooms.
1 ounce of butter.
2 eggs, hard-boiled (if liked).

Cook the macaroni with the onion till quite tender, drain carefully, and set aside the liquid. Stew the mushrooms and tomatoes in the butter.

Line a buttered baking-dish with macaroni, and lay in the mushrooms, tomatoes, sliced onion, and eggs, if used; cut in half lengthways. Make a nice béchamel sauce (see recipe, p. 193) with the liquid and butter drained from the macaroni, tomatoes, and mushrooms; pour this over, and cover with macaroni; sprinkle breadcrumbs on the top, and a little butter. Bake till brown in a hot oven. Keep a buttered paper on the top to prevent the macaroni getting hard.

Macaroni or Spaghetti Cutlets.

¼ pound of macaroni.
6 ounces of breadcrumbs.
1 onion.
2 tomatoes.
1 egg
1 teaspoonful of thyme and grated lemon-peel.
A little milk.

Cover the macaroni with equal parts of boiling milk and water, and cook till just soft. Drain, and let it get cold (put aside the stock). Chop the onions, and stew gently till cooked; meanwhile stew the tomatoes, and strain to remove skin and seeds. Mix all the ingredients with the breadcrumbs and macaroni, which must be chopped a little; bind with the egg, roll in flour, shape into cutlets, and fry crisp and brown.

Serve with tomato sauce made from the macaroni stock.

Other Preparations of Wheat.

Semolina is a part of wheat, and can be used in the same way as ground rice for savoury rissoles (see recipe, p. 136) and other savoury dishes.

For puddings, it is used in the same way as sago or tapioca (see recipe, baked milk puddings, p. 192).

Semolina au Lait.—Prepared as vermicelli au lait.

Grape Nuts are best put in the oven till crisp, and eaten dry, sprinkled over stewed raisins, baked tomatoes, etc., or with thick cream.

Note.—Stewed raisins eaten with grape nuts and hot milk or cream make a good breakfast dish. The raisins should be stoned before they are mixed with the grape nuts.

Gluten Meal.—A valuable food for invalids. Directions for use are given with each packet. May be eaten with stewed fruits; can also be used for thickening.

Shredded Wheat should be made crisp in the oven, and eaten either with hot milk, stewed fruit, or any stewed vegetable or vegetable purée, or used under poached eggs.

Triscuits.—To be used the same way as shredded wheat.

Granose.—To be used the same way as shredded wheat.

BARLEY.

Stock—Steamed—Porridge—Drinks—Jelly—Biscuits—Soup.

Stock.

The water in which barley has been boiled makes a very good stock, and is a valuable basis for soups, stews, etc. Or a handful of barley may be advantageously added to any vegetable soup or stew.

Steamed Barley.

Barley.	Onion.
Water.	Egg.

Put some well-washed barley (pot barley is best) into an earthenware pot; just cover with cold water, and simmer slowly till quite cooked and all the liquid is absorbed.

To season, cook an onion with the barley, and just before serving remove from the fire and stir an egg well into it. The onion may be removed or not, as preferred.

Barley Porridge.

Barley.	Milk.
Water.	Raisins.

Proportion: 1 cup of water to 3 cups of milk.

Well wash some pot barley. Just cover with milk and water, and steep for about an hour.

Put into a double saucepan with the raisins, which should be well washed, and simmer till the barley is quite tender and fully swollen.

N.B.—For **Barleymeal Porridge** see recipe for wheatmeal porridge, p. 98.

Barley Water.—I.

2 ounces of barley.	Half a lemon.
2 quarts of water.	Honey.

Put the water into an earthenware stewpot with the well-washed barley. Let it boil gently till quite cooked. Strain through a fine sieve, and use as required. The rind of half a small lemon may be added, if liked, while the barley is cooking, or the juice to taste when strained. It may be sweetened with honey.

Note.—The juice of any fruit may be used instead of lemon.

Barley Water.—II.

1 teacupful of pearl barley.
3 pints of cold water.
Rind of 1 lemon.
A small piece of cinnamon.

Boil all the ingredients very gently until the barley is fully swollen and quite soft. Strain through a fine sieve, and sweeten with honey.

Barley Jelly.

A nourishing jelly can be made from the above recipe if rather less water is used. It may be flavoured with any fruit-juice preferred. In this case half the quantity of water should be used, and the juice added after the barley has been strained.

Barley Biscuits.

1 teacupful of malted barley-meal (prepared at the Wallace P.R. Bakery, Battersea).
½ ounce of nut butter.
1 teaspoonful of water.

Rub the butter into the malted barleymeal, and work together till it is all in crumbs; add sufficient water, about a teaspoonful, to make it hold together. Roll out about ¼ inch thick, cut in rounds, prick all over, and bake till crisp. The oven must not be very hot. Keep in an air-tight tin.

Soubise Purée of Barley.

2 Spanish onions.
2 ounces of barley.
½ pint of milk.
1 gill of béchamel sauce (see recipe, p. 193).
½ gill of cream.

Chop the onions very finely, and put them into a small earthenware stewpot with the milk and barley; cook slowly for half an hour until the barley is quite

soft. Then add the béchamel sauce. Rub the purée through a fine sieve. Return to the pot with the cream, and make thoroughly hot before serving.

Barley Soup.

1 carrot.
3 turnips.
2 onions.
1 bay-leaf.
4 peppercorns.
1 quart of milk.
2 ounces of barley.
2 ounces of butter.
1 teacup of cream.

Wash and grate the vegetables, and put them in an earthenware stewpot with the butter; cover closely, and cook for about twenty minutes, shaking the pot frequently to prevent burning. Then add the milk, seasoning, and barley, and cook slowly for about four hours. If the stove is very hot, set the stewpot in a bain-marie, or saucepan of water, to insure safe cooking. Strain through a sieve, and return the soup to the stewpot with the cream, which must be hot.

If too thick, add more milk or cream. Do not allow the soup to boil after the cream has been added. Serve very hot with fried bread.

OATS.

Porridge—Bread—Oatcake—Gruel.

Rolled Oats Porridge.

1 breakfastcupful of rolled oats, soaked in enough cold water just to cover them.

Put on to boil in an earthenware pot for three to four hours, the longer the better, adding boiling water when necessary. This porridge is best made the day before it is wanted for use.

Oatmeal Porridge.

Medium-ground Scotch oatmeal.	Water.

Just before the water boils stir into it with a stick sufficient Scotch oatmeal to make a not too thin gruel. Boil for about ten minutes, stirring all the time. Be sure that there are no lumps. When the mixture thickens, turn it into a double saucepan and steam for six hours. If too thick, add more boiling water. It should be made the day before it is required.

Milk may take the place of water if preferred.

Oat Bread.

The mixture for rolled oats porridge.	1 tablespoonful of molasses. 1 dessertspoonful of olive-oil.

Beat well together, turn into a greased baking-tin, and bake about forty minutes in a very hot oven.

Oat Cake.

Oatmeal. 1½ breakfastcups of hot water.	3 ounces of butter or nut butter.

Pour the hot water on to the nut butter or butter, and stir in the meal till the mixture becomes a soft dough. Knead well, roll out thin, and bake about twenty to thirty minutes in a hot oven.

Oatmeal Gruel.

2 tablespoonfuls of fine oatmeal. 1 pint of water.	2 ounces of butter. Honey.

Put the oatmeal into an earthenware stewpan, and add the water by degrees, mixing smooth with a wooden spoon. Place it upon the fire, keeping it well stirred,

until it has boiled several minutes; pour into a basin, add the butter and honey to taste.

When properly made, it should adhere rather thickly to the back of the spoon. It may also be made with milk.

Note.—Oatmeal is very useful in thickening soups, vegetable stews, etc.

MAIZE.

Baked Green Corn.

Choose the corn cobs as nearly the same size as possible, and quite young and fresh. Take off the husks and remove all the threads. Tie the husk round the ears again, and bake in a hot oven till tender—about half an hour.

Serve with melted butter.

Preparations of Maize.

Cornflour—finely ground maize, used for puddings, sauces, etc. (See milk recipes, p. 192)

Hominy is more coarsely ground maize, and can be used for rissoles (see recipe for savoury ground rice rissoles, p. 136), milk puddings, etc. For preparation, see baked milk puddings, p. 192.

Post Toasties are flakes prepared from maize, and are best made crisp in the oven, and eaten strewn over stewed fruit, or used instead of breadcrumbs in some made dishes.

RICE.

Plain : With milk—Drinks—Soups—Savouries—Sweets.
Ground rice : Savouries—Sweets. Puffed rice.

Unpolished rice should always be used. For explanation see section on The Quality of Food.

1. Put one teacup of rice to steep in cold water, drain and put on to boil in about 2 quarts of water, boil briskly, and keep well stirred. When done, a grain rubbed between the fingers will be soft. Turn into a fine colander, and save any liquid for stock. Let hot water run through the rice, cover with a cloth, and stand at the side of the stove or in the oven to keep hot till quite dry.

2. Wash about ½ pound of rice by letting water run over it through a fine sieve; put it into 2 quarts of boiling water, keep boiling till three-parts cooked, drain on a sieve. Butter an earthenware stewpan, put in the rice, put the lid on tight, and stand on a trivet in a warm oven, or by the fireside, until it is perfectly dry and soft.

3. Put one teacupful of water into a large double saucepan or earthenware pot ; when boiling, put in about two breakfastcups of well-washed rice, cover closely, and keep well shaken to prevent the rice sticking. Cook gently till all the water is absorbed and the rice fully swollen. If necessary, add more water. For the last fifteen minutes remove the lid, and cover with a cloth till the rice is quite dry and each grain separate, fully swollen, and soft.

Rice and Milk.

6 ounces of rice. | 1 quart of milk.

Put the well-washed rice with the milk into an earthenware pot, and stir over the fire till boiling ; simmer very gently till the rice is quite soft. If too dry, add more milk.

Baked Rice Pudding.

1 tablespoonful of rice.
Butter.
1 pint of milk.

Put the rice in the bottom of a pie-dish, pour the milk over it, and allow it to soak for several hours. Place in a moderate oven with bits of butter on the top. Stir several times, and cook very slowly, till the rice is fully swollen and a brown skin has formed.

Rice Milk.

1 tablespoonful of rice.
Honey.
1 pint of milk.

Wash and drain the rice, and put in an earthenware stewpan with the milk. When boiling, draw to one side and simmer till the rice is in a pulp. Sweeten to taste with honey, and serve hot.

Rice Milk Seasoned.

Proceed as above, adding a piece of lemon-rind till sufficiently seasoned, when remove. When ready, stir in 1 ounce of butter. The milk should be about the consistency of well-made gruel, neither too thick nor too thin.

Rice Water.

1 quart of water.
1 handful of rice.
2 apples (pippins for choice).

Cut the apples into quarters with a silver knife without peeling. Put them into an earthenware stewpan with the water and rice, and boil gently till the rice is in a pulp and the apples quite soft. Press through a hair sieve, and sweeten to taste with honey.

RICE SAVOURIES.

Italian Rice.

½ pound of rice well washed in cold water and dried.
1 small onion.
2 ounces of butter.
½ pint of tomato pulp.
½ pint or more of water or stock.

Melt the butter in an earthenware stewpan, put in the onion finely minced, and the rice. Stir over the fire for a few minutes, taking care that the onion does not brown.

Add the water or stock and reduce. Then add the tomato pulp, and more stock or water if needed. Continue to cook while stirring. Nearly all the moisture must become absorbed by the time the rice is cooked.

Rice Soup.

1 quart of milk.
Half a teaspoonful of rice.
1 Spanish onion.
Vegetables.

Put the rice, milk, and onion, in a double saucepan (or stand an earthenware pot in water), and cook till the rice is pulped and the onion soft. Press through a fine sieve, and return to the pot with enough grated white vegetable to flavour (onion, celery, turnips, are all suitable). Continue cooking gently till the vegetable is quite soft. Serve very hot with fried bread.

Savoury Rice Soufflé.

1 breakfastcupful of cold boiled rice.
Half a teaspoonful of finely chopped mint.
Parsley.
Half a breakfastcupful of stewed tomatoes rubbed through a sieve.
1 egg.

Mix the ingredients lightly together with a fork, and stir into the well-beaten yolk of an egg. Whisk the white to a stiff froth and mix it lightly in; sprinkle with

finely chopped parsley, and cook in a moderately hot oven from fifteen to twenty minutes.

Rice Kedgeree.

2 cupfuls of cold cooked rice.
2 hard-boiled eggs.
2 dessertspoonfuls of butter.
1 cupful of cold cooked artichokes.

Mix the ingredients together, place over the fire, and heat through slowly. If necessary, moisten with a little milk.

Rice and Vegetable Stew.

6 ounces of rice.
6 turnips size of an orange.
Carrots equal weight.
4 medium-sized onions.
2 ounces of butter.
1 teaspoonful of Barbadoes sugar.
An outside stick of celery.

Put the butter cold in an earthenware stewpan. Cut the vegetables into dice, and put on the butter in a heap, first the turnips, then the carrots, then the onions sliced, and the celery, and finally the sugar. Shut up the pan tight and put on the fire; do not open for four hours, but keep shaking well.

Then add 1½ pints of water and the rice, and cook slowly till all is soft.

Note.—The order in which the ingredients are put into the pot is of importance.

Rice Pilau.

2 breakfastcups of rice.
½ pound of tomatoes.
¼ pound of butter.
1 teacup of water.

Put the water into a large double saucepan, and when boiling add the rice; cover, and boil until all water is absorbed and the rice quite dry and fully swollen. Add more boiling water if the rice will absorb it. Then add half the butter, and cook for half an hour.

Stew the tomatoes to a pulp in the remainder of the

butter, and rub them through a hair sieve. Add them to the rice mixture about ten minutes before serving; shake well together till each grain is separate and quite pink.

Serve with stewed onions.

Rice Roast.

1 breakfastcup of rice.
4 tomatoes.
1 onion.
2 hard-boiled eggs.
1 ounce of butter.
2 tablespoons of parsley.
Breadcrumbs.

Boil (for method, see p. 128) the rice till tender and quite dry. Mince the onion, and stew in the butter with the skinned tomatoes. Chop the eggs and parsley very finely and mix all the ingredients together. When quite cold, mould into a convenient shape (long is best), cover with breadcrumbs, and bake in a moderately hot oven for twenty minutes, basting frequently.

Serve with tomato or onion sauce.

Rice Croquettes.

Shape the above mixture into croquettes. Roll in egg and breadcrumbs, and fry in deep fat or oil.

Serve with tomato sauce.

Savoury Rice.

½ pound of rice washed in cold water and dried well.
2 ounces of butter or Nutter.
1 small onion finely minced.
½ pint of water.

Melt the butter in an earthenware stewpan; put in the onions and rice, stir a few minutes, being careful not to let the onion brown; then add the water, and cook till the rice is nearly dry.

Dish up, and serve very hot with stewed tomatoes and mushrooms.

A ring of rice with the tomatoes and mushrooms piled up in the centre makes a pretty dish.

Tomato Rice.

1 cup of boiled rice.
4 large tomatoes.
1 tablespoon of nut butter.
½ teaspoon of minced onion.
1 teaspoon of finely chopped parsley.

Melt the butter in a small earthenware stewpot, add the onion and parsley, stir together and add the tomatoes cut in slices; stew together till quite soft, and rub through a sieve. Have ready the rice nicely boiled. Pour the sauce over, and serve very hot.

Macaroni may be used instead of rice.

RICE SWEETS.

Apple and Rice Pudding.

½ ounce of rice.
1 large apple.
1 gill of milk.
1 egg.
Butter.
Cinnamon.

Boil the rice in the milk until very soft; add a small piece of butter and a little cinnamon, if the flavour is liked. Peel and core a large apple, put it in a stewpan with a small piece of butter and a little water, and stew until tender. When the apple is cooked, put it in a small tart-dish. Mix the egg with the rice, and pour the mixture over the apple. Bake ten minutes in a moderately hot oven.

It may also be made quite plain if preferred.

Lemon Rice.

½ pound of rice.
1 quart of milk.
1 lemon.
Sugar or honey to taste.

Boil the rice in the milk till soft, pour into a mould, and put in a cold place.

Peel a large lemon in wide pieces, and cut the peel

into shreds ¾ inch long; put them into a little water, and boil and drain them. Pour a teacupful of fresh water over the shreds, squeeze the juice of the lemon and add it, with the sugar, to the water and shreds of lemon. Stew gently for two hours; when cold it will be a syrup.

Turn out the rice mould and pour the syrup over it, distributing the shreds evenly.

Rice Mould to Serve with Fruit.

6 ounces of rice.
1 quart of milk.
4 ounces of butter.
4 eggs.

Stir the rice and milk over the fire till boiling, simmer very gently till quite tender; if too dry before it is done, add more milk. Add the butter and eggs, well beaten, to the rice and milk, and stir over the fire till the mixture begins to thicken. Put on a plate, and when it is cold pile it 3 inches high on a dish, leaving a hollow in the centre, in which pile the fruit.

Rice Cream.

Equal quantities of cold boiled rice and whipped cream.

Boil the required quantity of rice in as much water as it will take up; do not let it break. When cold, mix it lightly with the whipped cream, and fork it up high in a dish. Serve with fruit.

Rice Hedgehog.

½ pint of rice.
½ pint of milk.
2 eggs.
¼ pound of sweet almonds.
Lemon-rind.

Put a two-inch strip of lemon-rind in the milk with the rice, and boil till the rice is thoroughly cooked. Beat up the eggs well, and add them to the rice. Put the

mixture into an oval mould till cold. Blanch the almonds, and cut them in strips. Turn out the rice mould, and stick the almonds all over it. Make a good boiled custard, and pour over the mould. (See recipe for custards, p. 183.)

Rice Cabinet Pudding.

3 ounces of rice.
2 ounces of butter.
2 ounces of chopped almonds.
2 ounces of stoned raisins.
½ ounce finely chopped peel.
1 pint of milk.
The yolk of 1 egg and the whites of 2 eggs.
A little nutmeg or cinnamon, if liked.

Put the rice and milk into an earthenware pot, and simmer gently till the rice is cooked; add the almonds, butter, raisins, and spice; mix well, and cook for a few minutes longer, then stir in well the beaten-up yolk of egg, and finally the well-whipped whites. Pour into a buttered mould, cover closely with buttered paper, and steam about two hours. Turn out, and serve with custard sauce. (For method of steaming puddings, see p. 113.)

GROUND RICE.

A rough meal made by grinding rice. May be used for thickening puddings, savoury dishes, etc.

Ground Rice Savouries.

Rice Fingers.

½ pint of milk.
1 large onion boiled and chopped.
1½ ounces of ground rice.
3 potatoes cooked and mashed.
Mace to taste.

Boil the milk, and stir in the rice; if not quite stiff, add more rice. Put all the ingredients into a double pan with a little mace, and cook for half an hour.

Turn out into a shallow dish. When stiff and cold, cut into fingers, roll in egg and breadcrumbs, and fry. Serve with parsley sauce.

Rissoles.

1 teacupful of ground rice.
1 pint of milk.
1 egg.
2 ounces of butter.
1 tablespoonful of breadcrumbs.
1 good-sized onion.
2 tomatoes.
1 teaspoonful of chopped parsley.
½ teaspoonful of thyme.

Cook the ground rice and milk together till quite stiff, add the butter and breadcrumbs; fry the tomatoes, onion, and herbs together till brown, and add them to the mixture. Boil for a few minutes, stirring well the whole time. Remove from the fire, and beat in the egg; put the mixture on a plate to cool.

When cold, form into rissoles, roll in egg and breadcrumbs, and fry in deep fat.

Ground Rice Sweets.

Milk Pudding, see milk recipes, p. 192.

Rote Grütze, see fruit recipes, p. 89.

PUFFED RICE.

A supercooked and dried preparation of rice, valuable for invalids, who find starch in the ordinary form difficult of assimilation. May be eaten hot and crisp, with stewed fruit, hot milk, or cream.

VEGETABLES

CONTENTS: The preparation and use of herbs—Salads—Vegetables—Roots—Legumes—Pulse—Fruit vegetables—Berries, etc.—Miscellaneous recipes prepared from the same.

The Preparation and Cleansing of Vegetables for Use.

HERBS; SALADS; LEAF VEGETABLES—*i.e.*, CABBAGE, SPINACH, ASPARAGUS, ETC.—Wash with the hands, removing all imperfect leaves, in a large bowl of clean cold water, and change the water until it is left quite clean.

N.B.—Spinach requires very careful washing in four or five waters, or it will be gritty.

STALKS, ROOTS, ETC.—Wash in a bowl of clean cold water, using a small stiff brush, removing all imperfect parts, and rinse well in clean cold water. Roots that require peeling or scraping, and stalks, should be covered with clean cold water directly they are washed and peeled, till wanted for use; this keeps them fresh. Cut up or not as required.

N.B.—Peel should be removed as thinly as possible.

FRUIT VEGETABLES.—For method, see cleansing of hard and firm fruits, p. 82.

Fresh legumes, being enclosed in a pod, require no cleansing, but all dried pulses require very careful cleansing. Put them in a fine sieve, place the sieve in a basin, pour boiling water over them, and shake well. Throw away the first water, add fresh, and repeat the process until the water comes through quite clean.

A Bouquet of Herbs.

Tie a bay-leaf and some sprigs of parsley and thyme to a stick of celery. Cook with the mixture you wish to season till the bouquet begins to smell, then remove it.

Spring Salad.

Chop finely two or three spring onions, shred some quite fresh lettuces, pulling them to pieces with the fingers (green salad should never be cut with a knife). Add two tablespoonfuls of pure olive-oil and the juice of half a lemon; mix well together, garnish with fresh, clean mustard and cress and radishes, and serve.

N.B.—To wash mustard and cress, put it into a large basin of cold water and shake well; then lift it out carefully, and the dirt will be left at the bottom of the basin. If necessary, put it into fresh water and rinse well. Lift the cress from the water, place in a clean, dry cloth, gather the corners together, and swing till all the moisture is out; shake the mustard and cress apart, and it is ready for use.

Summer Salad.

Shred some fresh lettuce as before, skin and slice some tomatoes, peel some cucumber and slice fairly thin, beginning at the thick or flower end. Place in layers in a bowl and dress with oil and lemon-juice, and a little honey or sugar, if liked. Garnish with radishes and shredded endive.

N.B.—To skin tomatoes, place them for a minute or two in quite boiling water. Cucumbers should always be cut from the thick end, as when cut the other way they often turn bitter.

Autumn Salad.

Slice finely some cold boiled potatoes, skinned tomatoes, and outdoor cucumber; dress with lemon-juice, oil, and honey or sugar, to taste; garnish with cold boiled peas or beans and finely chopped mint.

Winter Salad.

Slice finely the white part of a head of celery, a cold boiled beetroot, a little cold potato and skinned tomato. Dress with lemon, oil, and honey or sugar. Garnish with mustard and cress.

Mixed Salad.

Mince finely two or three spring onions; slice some cold boiled potato, beetroot, and skinned tomato. Shred finely some celery and lettuce, pour salad-dressing over (for recipe, see p. 190), and garnish with mustard and cress, radishes, and hard-boiled eggs.

Cucumber Salad.

Slice finely a freshly-cut cucumber, beginning at the thick or flower end. Squeeze the juice of one lemon into a teacupful of thin cream, sweeten to taste with honey, and pour over the cucumber. Put it in a cool place for a short time before serving.

Tomato Salad.

Skin and slice some tomatoes, and sprinkle with very finely chopped mint; dress with oil and lemon-juice, and sweeten, if necessary, with honey or a little sugar.

Cream and lemon-juice make a delicious dressing for this salad.

Beetroot and Celery Salad.

Shred finely, and place in alternate layers, equal quantities of beetroot and celery; dress with lemon-juice and oil, and allow it to stand about half an hour. Just before serving, pour over it a little sweetened cream, and garnish with cress and grated lemon-rind.

Asparagus Salad.

Take the tops of cold cooked asparagus; place in a bowl with alternate layers of cold boiled new potatoes cut very thin; pour salad dressing over them. (For salad dressing, see p. 190.)

Cold boiled peas and finely chopped mint may be used instead of asparagus.

Note.—Any cold cooked vegetables sliced and dressed with oil and lemon-juice can be used for salads.

Clear Stock or Soup.

Wash and cut up small any vegetable in season; put into an earthenware soup-pot, cover well with cold water, bring to the boil, and simmer gently for three or four hours, adding more boiling water as required; strain for use.

Soup.

For soup, add to the stock thus prepared either rice, barley, vermicelli, or tapioca, etc. Proportion: one tablespoon of grains to a quart of liquid; two tablespoons of prepared cereals to a quart of liquid.*

* When using flour or a prepared cereal for thickening, first mix it smooth with a little of the liquid to be thickened, or a little milk or water; and after adding it to the liquid boil well from ten to twenty minutes, to cook the cereal thoroughly.

Purée.

Wash and cut up small any vegetable; put into an earthenware soup-pot, just cover with boiling water, and simmer gently to a pulp; rub through a sieve, and return to the pot with hot milk, cream, or butter. Heat up well, and thicken, if necessary, with arrowroot or any fine meal. Proportion: from one to two dessertspoonfuls to a quart of purée, according to its consistency.

Sauce.

Melt some butter or nut fat in a small earthenware stewpot. Proportion: 1 ounce of fat to 1 pound of vegetable. Put in the vegetable, washed and cut small, and stew to a pulp. Add milk, water, cream, or a mixture of them. Strain and thicken for use. Proportion: one to three dessertspoonfuls to a quart of thin purée.

To Steam or Boil Leaf and Stalk Vegetables, Fruit Vegetables, and Fresh Legumes.

Put the well-washed vegetables into an earthenware stewpot with boiling water about ½ inch deep. Cover closely with a buttered paper under the lid, and keep cooking till tender.

N.B.—Spinach requires no water.

To Steam or Boil Roots.

Put the well-washed vegetables whole, or cut into shapes, into an earthenware stewpot with boiling water or milk and water about ½ inch deep, to which add butter or oil in the proportion of one dessertspoonful of

oil to a pint of liquid. Cook slowly till soft, but not broken, when all or nearly all the water should be absorbed. Finish cooking in a little milk, if preferred. Old potatoes should be put in cold water.

To Braise and Stew.

Put the well-cleansed vegetables into an earthenware pot with butter or nut fat. Proportions: 1 ounce to 1 pound. Cover closely, and stew gently till tender; watch carefully, and shake to prevent burning.

Onions should only be skinned and rubbed, not washed.

Baked Vegetables.

Place any vegetable, well cleansed, in a marmite jar in the oven, with a little butter. Cover closely, and watch carefully that it does not burn. Cook slowly till quite tender. Serve in the pot in which it has been cooked. Vegetables that have not much juice, also pulses, require a very little water, or milk and water, as well as butter. Hot cream may be added before serving.

Irish Way of Cooking Potatoes.

Well wash some potatoes, but do not peel. Put into a saucepan, and cover well with cold water. Bring quickly to the boil, and boil for ten minutes or till the skins are loose. Drain, cover the pot with a cloth, and leave by the fireside until cooked through—about half an hour. Serve in their skins.

DRIED PULSE.

Pulse, like cereals, must be very thoroughly cooked, by being subjected to a gentle, even heat for a considerable time.

Stewed Beans.

Before cooking, cover the beans with boiling water, and leave a few minutes, when the skins can easily be removed. Put 1 pint of beans into 2 quarts of water with 1 ounce of butter. Simmer very gently for three hours, till they are tender but not pulped. Drain carefully, and save the liquid for stock. Put the beans into a stewpan with 2 ounces of butter, some finely chopped parsley, and the juice of one lemon. Place on the fire for a few minutes, and serve hot.

Baked Beans.

Proceed as above. When drained, place in a buttered dish, sprinkle with breadcrumbs and finely chopped parsley and a few small lumps of butter. Squeeze a little lemon-juice over them, and bake in the oven.

Eggs or any cooked vegetable may be mixed with the beans.

Bean Stock.

The liquid drained from the beans prepared for stewing and baking makes a good foundation for soup, either alone or with four medium-sized onions and a little flour fried in butter added to it.

Bean Soup.

Having skinned the beans, cover well with water to which butter in the proportion of 1 ounce to 2 quarts of water has been added, and simmer gently until they are

of the consistency of thick cream—not less than three hours. If necessary, rub through a sieve. Season with lemon and chopped parsley, and serve very hot.

Lentils or Peas (Dried).

Note.—For method of cleansing, see p. 137.

Lentil or Pea Soup.

Cover with water, bring quickly to the boil, draw to one side, and keep cooking gently for several hours—not less than three. Add more boiling liquid until the right consistency is reached, and a little butter and seasoning of herbs or other vegetables cooked and passed through a sieve. Serve very hot with crisp fried bread.

Purée of Lentils or Peas.

Cover with water, bring quickly to the boil, and cook gently until all the water is absorbed and a soft pulp is produced. Beat till smooth with a wooden spoon, and serve plain or seasoned with mint and lemon-juice. Add a little butter. Green split peas are especially nice cooked in this way.

Asparagus Soup—"Crème d'Asperges."

Asparagus.	Cream.
Milk.	Arrowroot or *tous les mois.*

Take a bundle of asparagus and cook gently till quite tender in milk and water; cut off the green tips carefully and set on one side. Return the asparagus to the pot, and continue cooking till it is quite pulped. Rub through a fine sieve, thicken with arrowroot (using about one dessertspoonful to a pint), and boil up well, Add to the purée an equal quantity of hot cream,

stirring well in. Just before serving add the green tips of the asparagus to the soup.

A small onion may be placed in the cream while it is heating, and removed before adding it to the purée.

Asparagus au Beurre.

Asparagus.
Béchamel sauce (see recipe, p. 193).
Butter.
Crumbs.

Prepare and cook a bundle of asparagus, have ready a rich béchamel sauce, butter a shallow baking-dish well and place the asparagus on it; pour the sauce over it, sprinkle with crumbs or corn-flakes, and put bits of butter on the top. Bake till golden brown in a very hot oven.

Artichoke Soup.

12 artichokes.
1 large onion.
½ pint of milk.
1 tablespoonful of cream.
1 teaspoonful of arrowroot.
Mace and peppercorns.

Put the artichokes, onion, and seasoning, into an earthenware stewpot with enough water to just cover them, put on the lid, and cook slowly till quite tender. Remove the mace and peppercorns, and rub the vegetables through a sieve.

Heat the milk in the stewpot, add the arrowroot to it—rubbed smooth in a little cold milk—and the purée. Boil for half an hour, and just before serving add the hot cream.

Scooped Jerusalem Artichokes.

Artichokes.
½ ounce of butter.
8 tablespoonfuls of milk.
2 tablespoonfuls of white sauce.
1 egg.

Scoop with a round cutter twenty-four pieces of artichoke ½ inch in diameter; wash them and put them

in a small earthenware stewpan with the butter. Put on a not very hot fire for a few minutes, add the white sauce and six tablespoonfuls of the milk. (N.B.—See recipe for white sauce, p. 193.) Simmer till the artichokes are tender, mix the yolk of the egg with two tablespoonfuls of milk, pour into the stewpan, stir very quickly, and serve. It must not be too thick, and the artichokes must be well done, but not in a purée.

Turnips, small onions, cucumbers, marrows, etc., may all be treated in the same way.

Beetroot Soup.

3 medium-sized beets.
1 head of celery.
1 pint of milk.
1 pint of water.
½ ounce of butter.

Put the beetroot in an earthenware baking-dish with a little water, cover closely, and bake slowly for about three hours, adding more boiling water as it is absorbed.

N.B.—Care must be taken not to break the root, or it will have no colour. When cooked, peel the beetroot and cut up small with the white part of the celery. Put it into an earthenware stewpan with the milk and water, and simmer gently till the celery is quite tender. Rub through a fine sieve, add a little butter or cream, thicken if necessary, heat up, and serve.

Beetroot Stew.

2 or 3 young beets.
2 medium-sized onions.
2 ounces of Nutter or butter.
1 teaspoonful of sifted flour.
A little milk.

Cook the beetroot till tender (for method of cooking, see previous recipe); when cold cut up in a slanting direction to make oval pieces. Cut the onions into small pieces and put in a pan with the Nutter, fry *white*, stirring all the time; add the flour and enough milk to make a rather thick sauce. Boil for a few minutes, and

then put in the slices of beet; simmer for about ten minutes, and serve in a neat border of mashed potatoes 1 inch high. Squeeze a little lemon-juice over it just before serving, and serve very hot.

Stewed Beet Stalks.

Beetroot stalks. | Butter.

Take the stalks of well-grown beetroot leaves, cut them in small pieces diagonally like French beans are cut, put them in an earthenware stewpot with a little butter. Cover closely, and let them simmer gently till quite tender, taking care that they do not burn. When they have begun to cook, and the juices have been drawn out of them, the pot may be put in a bain-marie (a shallow tin with boiling water in it), when the cooking will go on slowly without fear of burning, as long as boiling water remains in the tin.

Cabbage Soup.

Spring cabbage.
Milk.
Barley or arrowroot.
Water.

Cook the cabbage till very tender in a little water; rub through a sieve. Measure the purée and add an equal quantity of hot milk. Heat up thoroughly and thicken with a little arrowroot; or barley may be cooked to a pulp in the milk, and the whole rubbed through the sieve.

Green Cabbage Soupe Maigre.

2 onions.
2 ounces of butter.
3 or 4 handfuls of shredded cabbage
1 tablespoonful of flour.
1¼ pints of milk.
1 quart of water.
2 egg yolks.

Cut the onions into dice, put them in an earthenware stewpan with the butter, fry a short time, but not to discolour. Add the cabbage, mix the flour well with

1 pint of the milk and the water, and add to the cabbage, etc. Stir all together and boil for twenty minutes. Mix the yolks of egg with the gill of milk and rub them through a sieve. Remove the soup from the fire and stir the mixture in quickly. The soup must not boil again after the eggs are in it. Pour over bread and serve hot.

Lettuce or sorrel may be used instead of cabbage.

French Cabbage Soupe Maigre.

½ gallon of water.
1 pound of white cabbage.
2 large onions.
1 carrot.
1 turnip.
1 head of celery.
¼ pound of butter.
Potatoes.
Peas.

Put the water into an earthenware saucepan with the cabbage shredded (using all but the stalk), and the onions, carrot, turnip, and celery, cut up. Boil gently for three or four hours. A few mealy potatoes and some green or split peas may be added. When the soup is cooked, stir the butter well in, pour the soup over sliced wholemeal bread, and serve when soaked. Any other vegetable may be added.

Crecy Soup, or Purée of Carrots.

5 or 6 large carrots.
1 large onion.
1 turnip.
2 bay-leaves.
1 bunch of parsley.
¼ pound of butter.
1 pint of water.
5 pints of milk.
2 ounces of flour.

Scrape the carrots, shaving off the outside, and not using the centre. Peel and slice the onion and turnip. Put into an earthenware stewpan with the parsley, bay-leaves, and butter, and fry till a light yellow colour. Then add the carrots with the water, and simmer till

quite cooked. Mix the flour and milk smoothly together and add them to the soup. Stir until boiling, and boil for about ten minutes. Pass through a sieve, and serve with rice or croutons.

Young Carrots Stewed.

20 small young carrots.
A little butter.
Sauce or milk.

Put the carrots into an earthenware stewpan with a little butter, add white or brown sauce or a little milk. Keep thin, as they require long cooking. When tender, thicken the sauce a little and serve hot.

Carrot Soup.

4 large white turnips.
3 large onions.
6 large young carrots.
1 tablespoonful of rice, barley, or tapioca.
Outside leaves of celery and herbs.
Butter.
1 teacupful of water.

Cut the vegetables in large pieces, and put them into an earthenware pot in a heap with the water in the following order: herbs, celery, turnips, onions, and carrots. Bring quickly to the boil. Add the thickening, and simmer gently for three hours. Rub through a sieve, return to the pot with the butter and more water to make it a right consistency. Serve hot.

Carrots à la Maître d'Hôtel.

2 bunches of young carrots.
1 ounce of butter.
Water.
1 dessertspoonful of parsley.
1 teaspoonful of lemon-juice.

Wash and scrape the carrots, cut them lengthwise into quarters, and stew in an earthenware stewpot in a very little water, closely covered. All or nearly all the water should be absorbed when they are cooked. Drain

them and return to the stewpot with the butter, finely chopped parsley, and lemon-juice. Shake the pan over the fire for some minutes before serving.

Spring Carrot Caramel.

Carrots.
Butter.
Sugar.
Water.
Flour or oatmeal.

Wash and lightly scrape the carrots; they should be about the size of a finger. Cut them into half-inch pieces, sprinkle them well with castor sugar, and let them stand for fifteen minutes. For a medium-sized dish use 1½ ounces of butter. Place this on the carrots, and add a little water, not enough to cover them. Cover down closely, and simmer until nearly all the water is absorbed. Dredge in enough flour or oatmeal to take up all the moisture. Stir till the flour is cooked. Serve hot or cold.

Cauliflower Soup.

¼ pound of butter.
1 onion.
1 young turnip.
A little celery.
2 ounces flour.
4 cauliflowers or broccolis.
1 pint of water.
5 pints of milk.
1 gill of cream.

Put the butter into an earthenware stewpan with the onion, young turnip, and celery, grated. Keep stirring over a sharp fire for about twenty minutes. Divide the cauliflowers into small pieces and put into the stewpan with the water. (For method of cleaning cauliflowers, see p. 137.) Have the milk ready, warm, from which take a sufficient quantity to mix the flour smoothly. First stir the mixed flour, and then the milk, into the soup. Stir constantly until boiling. Rub through a sieve, add the boiling cream, and serve with fried croutons.

Note.—Twelve artichokes, twelve young turnips, or six carrots, may be substituted for the cauliflower.

Cauliflower or Broccoli Sauce.

1 cauliflower.
1 onion.
Half a turnip.
A little celery.
A bay-leaf.
Mace.
3 ounces of butter.
1 tablespoonful of wholemeal flour.
1 pint of milk.

Cook the cauliflower till tender, and break into small pieces. Cut up the onion, turnip, and celery, and put them in an earthenware stewpot with the butter and seasonings. Cover closely, and cook till tender; add the cauliflower, and stir well. Mix the flour smoothly in a little of the milk; add it to the vegetables, and also the rest of the milk. Pass through a sieve, and serve very hot. If preferred, the cauliflower may be added after the rest have been passed through the sieve.

Note.—Twelve Jerusalem artichokes, or six turnips, or two small cucumbers, or one marrow, or six parsnips, or spinach may be treated in the same way. Or, the spinach, after being well washed, can be put wet into a wet pan, and cooked; then either chopped, or passed through a sieve, and returned to the pan with 2 ounces of butter and a little white sauce or milk, and served very hot

Cauliflower Mousse.

1 small firm cauliflower or broccoli.
1 ounce of butter.
1 gill of béchamel sauce.
2 eggs.

Trim, wash, and cook (see preparation of vegetables, pp. 137, 141), a small, firm cauliflower or broccoli. Drain, and let it get cold; press out the moisture, using a clean napkin for the purpose, and rub the cauliflower through a fine sieve. Melt the butter in an earthenware stewpan, put in the cauliflower purée, and stir over the fire for a few minutes. Add a gill of well-reduced béchamel sauce (see recipe, p. 193), cook the whole for ten minutes,

stirring frequently. Mix in thoroughly the yolks of two eggs; remove from the fire, and add the whites of two eggs, whisked to a stiff froth.

Fill eight or ten small buttered entrée cases, and bake about fifteen minutes in a moderately hot oven. Dish up, garnish with parsley and slices of lemon, and serve very hot.

Cauliflower au Beurre.

1 cauliflower or broccoli.
Béchamel sauce (p. 193).
Breadcrumbs.
Butter.

Wash, trim, and cook, a cauliflower (see preparation of vegetables, pp. 137, 141). Drain well and shape neatly. Have ready some good béchamel sauce. Butter a shallow fireproof dish, put on it a tablespoonful of the sauce; upon this place the cooked cauliflower, head upwards. Cover completely with sauce, and sprinkle the surface with the breadcrumbs, or with post toasties or granose flakes. Place a few tiny pieces of butter here and there on the top, and bake in a very hot oven for about fifteen minutes till nicely brown.

Celery Soup.

1 head of celery.
Milk or water to cover.
1 cupful of cream.
Arrowroot.

Cut up the white part of a head of celery, place in an earthenware stewpan, and just cover it with milk and water. Cook gently till quite tender. Rub through a fine sieve, thicken with arrowroot (proportions: one dessertspoonful to a pint of thin purée), boil up, and just before serving stir in well a good cupful of hot cream.

Note.—Make the cream hot by standing the vessel that contains it in a pan of boiling water; do not boil the cream.

Celery Ramekins.

2 heads of celery.
Milk and water.
1 ounce of butter.
Nutmeg.
Lemon-rind.
3 eggs.
½ pint of béchamel sauce.

Remove the outside leaves from the celery, trim and wash it, and cut into small pieces. Stew the celery till tender in an earthenware stewpan with enough milk, or milk and water, to cover it, and the butter. When thoroughly cooked, rub the celery through a fine sieve. Reduce ½ pint of béchamel sauce (p. 193) to one-third of its quantity, then put in the celery purée, and cook for a few minutes. Season with grated nutmeg and lemon-rind (also grated), and stir in well the yolks of three eggs. Lastly, add the well-whisked whites of two eggs. Fill up a number of buttered china ramekin cases, and bake in a moderate oven for about twenty minutes.

Leek Soup.

6 good-sized leeks.
2 pints of water.
½ pint of milk.
1 tablespoonful of oatmeal.
1 tablespoonful of rice.
1 tablespoonful of cream.

Boil the water and add the leeks; when tender put in the rice and oatmeal, and boil two hours. Rub through a sieve, add the milk, and thicken if necessary. When ready to serve, add the cream.

MUSHROOMS.

Stewed Mushrooms.

Mushrooms.
Butter.
Lemon-juice.

Remove the peels and stalks carefully from quite fresh mushrooms. Put them into an earthenware pot with a very little butter Cover closely, and cook gently till tender, shaking well to prevent their burning. Just before serving squeeze a little lemon-juice over them.

Mushroom Purée in Cases.

½ pound of fresh cup mushrooms.
1 ounce of butter.
2 tablespoonfuls of milk.
2 eggs.
Peppercorns and lemon-juice to taste.

Wash and peel the mushrooms, and chop them finely. Fry in the butter for a few minutes. Then add the milk and peppercorns; stew the purée for ten minutes, and stir in two yolks of eggs. Stir the whole well together, and put into buttered ramekin cases, first taking out the peppercorns. Bake in a moderate oven for fifteen minutes. Squeeze lemon-juice over them, and serve very hot.

Mushroom Cassolettes.

Prepare a mushroom purée as above directed. Have ready ten small baked tartlet crusts made of half-puff or puff paste trimmings. Fill them with the purée, sprinkle a few fried breadcrumbs, a few drops of oiled butter, and a little lemon-juice, over each, and bake in a moderate oven for fifteen minutes. Dish up, and send to table garnished with lemon quarters and parsley.

AUBERGINES.

Fried Aubergine Slices with Tomato Sauce.

1 aubergine.
1 egg.
½ pint of tomato sauce (see recipe, p. 163).

Cook the aubergine till tender in a very little water, keeping it closely covered. When cold, cut into thin oval slices, dip in beaten egg, and fry a light brown on both sides. Lay on a dish, pour tomato sauce over, and garnish with slices of lemon and fresh parsley. Serve very hot.

ONIONS.

Baked Onions with Brown Sauce.

Onions.
Butter.
Water.

Put about a teaspoonful of butter into an earthenware pot. Skin some equal-sized onions, either Spanish or English as preferred, and add them to the butter. Do not wash them. Cover closely, and cook in the oven for ten minutes, being careful not to let them burn. Add a small cupful of water, and simmer gently in the oven or on the stove-top till quite soft. Thicken the gravy if desired.

Onion Soupe Maigre.

6 large onions.
¼ pound of fresh butter.
1 tablespoonful of wholemeal flour.
1 quart of water.
2 eggs.
1 gill of milk or cream.

Peel the onions, and cut into small dice; put them in a stewpan with the butter, place on the fire, and fry till brown. Mix in the flour and water, and simmer gently until the onions are quite soft. Remove the soup from the fire, and stir in quickly the yolks of the eggs mixed with the milk or cream (it must not boil again). Pour over bread, and serve hot.

Onion Purée Sauce.

6 onions.
4 ounces of butter.
1 pint of milk.
1 tablespoonful of wholemeal flour.

Peel the onions, and cut into slices; put into an earthenware stewpan with the butter, place on the fire, and simmer to a pulp, stirring now and then to prevent

their getting brown. Add the flour and milk, boil till a proper thickness—*i.e.*, a little thicker than melted butter—pass through a tammy or sieve, warm thoroughly, and serve.

If preferred, the purée need not be passed through a sieve.

BARLEY AND ONION SOUBISE, see recipe, p. 124.

Green Pea Soup.

2 quarts of green peas.
¼ pound of butter.
2 small onions.
A few sprigs of parsley.
1 quart of water.
2 tablespoonfuls of wholemeal flour.
2½ quarts of milk.

Put the peas into an earthenware stewpan with the butter, the onions sliced, the parsley, and the cold water. Rub all well together with the hand, then pour off the water, cover the stewpan closely, and stand it over a hot fire, stirring the contents occasionally. When quite cooked, mix the flour well in, mashing the peas with a spoon against the sides of the stewpan. Add 2 quarts of the milk, or half milk and water; boil well together for five minutes, rub through a hair sieve, add the other pint of milk, boil up, and serve very hot. It must not be too thick.

Stewed Green Peas.

1 pint of green peas (or dried peas soaked for twelve hours).
2 young lettuces.
2 egg yolks.
2 ounces of butter.
1 teaspoonful of castor sugar.
½ gill of milk.
4 tablespoonfuls of water.

Put the peas in an earthenware pot with the butter, water, and sugar. Wash the lettuces, shred them finely, and put them in the pan with the peas. Bring nearly

to the boil, and cook for an hour and a half in a bain-marie. Drain them, add the milk to the liquor, and stir slowly into it the beaten-up yolks of the eggs; put on the fire, and stir until the mixture thickens. Add the peas and lettuce, heat thoroughly, and serve.

POTATOES.

Potato Mould.

12 medium-sized potatoes.
½ ounce of butter.
Small cup of milk or cream.

Cook the potatoes, and while hot mash or beat them until they are quite smooth. Heat the butter and milk or cream together, and beat them thoroughly into the potatoes. Form into a rocky mound, and bake in a hot oven until the outside is crisp and pale brown.

Potato Soufflé.

The same as above, with the addition of one egg.

Proceed as for potato mould, allowing rather more milk; beat in thoroughly the yolk of the egg, and add the white, whisked to a stiff froth; pour the mixture into a buttered soufflé-dish, and bake in a hot oven until it is a pale brown colour.

Creamed Potatoes.

Cold cooked potatoes.
Egg yolks.
White sauce.
Herbs.

Cut the potatoes into slices ¼ inch thick, and place in a buttered pie-dish.

Beat the yolks of eggs well into some good white or any savoury sauce (proportion: one egg to a pint of

sauce), and pour it over the potatoes; sprinkle with finely chopped herbs, and bake until a pale brown colour—about half an hour.

Fried Potatoes.

Potatoes. | Nutter or oil.

Peel some potatoes, cut into any shape desired (chunks, chips, etc.), and place in a frying-basket. Plunge the basket of potatoes into a frying-pan full of the boiling fat, and fry till golden brown and quite crisp. Drain dry, and serve very hot.

N.B.—Fat is not boiling until it has ceased bubbling and a blue smoke is seen rising from it.

Potatoes Sauté.

1½ pounds of cold potatoes. | 2 ounces of butter.

Slice the potatoes thinly, melt the butter in an earthenware frying-pan; when it is hot, put in the potatoes, and toss them over the fire until they are thoroughly hot and slightly browned. Dish up, arrange neatly, sprinkle with finely chopped parsley, and serve.

Potatoes à la Maître d'Hôtel.

10 medium-sized cooked potatoes.
1 tablespoonful of chopped parsley.
½ pint of milk.
¼ pound of butter.
1 lemon.
Nutmeg.

Cut the potatoes into slices ¼ inch thick. Put the milk in a stewpan with a little grated nutmeg and the parsley, and simmer for about ten minutes. While boiling add the butter and the juice of the lemon, and stir well till the butter has melted; then put in the potatoes, and when each piece is well coated with the sauce dish up, high in the centre, as they must appear light.

Roast Potatoes.

Potatoes. | Nut butter.

Cook some potatoes till the skins are loose—about ten minutes. Peel thinly, and place in a shallow earthenware pan with cooking Nutter; put them in the oven, and baste frequently until they are thoroughly cooked. The potatoes must not be placed on the top of each other, and when properly cooked they should be mealy, and the outsides crisp and brown. The potatoes should be selected as much the same size as possible.

Bhaurta (an Indian Dish).

Potatoes.
Onions.
Capsicums.
Milk and butter.

Mash the potatoes with milk and butter. Stew one or two onions in a little butter, and chop small with a few capsicums. Mix all well together, put into a mould in the oven or on the stove-top till hot through.

Potato Roast.

½ pound of mashed potatoes.
¼ pound of butter.
2 onions.
2 tomatoes.
1 gill of béchamel sauce.
2 cups of breadcrumbs.
Sage, thyme, and parsley.

Fry the potatoes with the chopped onions till brown. Make a stuffing of breadcrumbs (made crisp in the oven) and herbs and tomatoes chopped very finely. Moisten with the béchamel sauce (p. 193). Roll into a long shape, coat with the potatoes, and roast slowly for three-quarters of an hour, covered with buttered paper. Baste with the butter or Nutter; serve with tomato sauce.

Timbale Entrée.

Cold potatoes.
Cold green vegetables.
Cold turnips.
Puffed rice.
Gravy.

Line round a fireproof dish with mashed potato, add an inner round of any cooked greens chopped up, then a round of mashed turnip, and another of potato. Fill in with puffed rice, over which pour a little gravy. Bake very hot in the oven, and serve with a rich thickened gravy.

Potato Timbale.

Cold potatoes.
Butter.
Forcemeat (see recipe, p. 174).
Cream.
Savoury custard (see recipe, p. 183).
Gravy.

Mash potatoes with butter or cream, and line a plain mould or basin. Half fill with a good forcemeat, to which can be added a little gravy; fill up with a savoury custard, bake, and serve in the dish the timbale was cooked in.

Potato Pudding.

8 ounces of cooked potatoes.
2 ounces of butter.
2 eggs.
¼ pint of cream.
The juice and rind of 1 lemon.
Sweeten to taste, or add the pulp of 4 tomatoes and the juice of 1 onion.

Beat the ingredients together to a froth, put into a dish, and bake till a golden brown.

SPINACH.

Spinach Soufflé.

1 pound of spinach.
1½ ounces of butter.
½ ounce of flour.
Stock or water.
½ gill of cream.
Crumbs or corn-flakes.

Prepare (for method, see pp. 137, 141, cleaning of vegetables) and cook the spinach, and rub through a fine sieve. Melt 1 ounce of butter in a small earthenware stewpan, stir in the flour; cook it whilst stirring, but do not brown. Add a little stock or water, and work well with a wooden spoon over the fire till it becomes a smooth paste. Add the cream and stir well in. Lastly add the spinach purée, mix thoroughly, pour into a large well-buttered china soufflé-dish; sprinkle the top with crumbs or corn-flakes of any kind—*i.e.*, post toasties, granose flakes, etc. Put the rest of the butter on the top, and bake about fifteen minutes in a very hot oven.

Spinach Ramekins.

1 pound of spinach.
½ ounce of butter.
½ ounce of flour.
¼ gill of cream.
2 eggs.

Prepare and cook some spinach (see pp. 137, 141), and rub through a fine sieve. Melt the butter in a stewpan, add the flour, cook a little, and moisten with the cream. Boil up and add the spinach, and cook for ten minutes. Mix in thoroughly the yolks of two eggs; whisk the whites to a stiff froth, add to the mixture. Nearly fill several well-buttered ramekin cases, and bake in a moderately heated oven for about twenty minutes. Serve very hot.

Note.—Brussels sprouts and lettuce may be treated in the same way, also the *leaves* of beet.

Seakale au Beurre.

Prepare like asparagus au beurre; see recipe, p. 145.

SALSIFY (The Oyster-Plant).

Baked Salsify with Egg Sauce.

Salsify.
Milk and water.
Cream.
Flour.
Yolk of egg.
Butter.
Crumbs.

Wash and scrape the salsify, cut it into small pieces and put in an earthenware stewpot. Just cover with milk and water, put on the lid, and cook gently till quite tender. Butter a baking-dish, sprinkle it with breadcrumbs, lay the salsify in it. Thicken the liquid in which it was cooked with a little flour (proportion: one dessertspoonful to a pint), boil up well, pour gently over the egg yolk and cream, well beaten together, stirring all the time. Pour the mixture over the salsify, sprinkle breadcrumbs on the top, and pour a little oiled butter over them ; bake till lightly brown in a hot oven.

TOMATOES.

Baked Scalloped Tomatoes.

Tomatoes.
Butter.
Parsley.
Crumbs or corn-flakes.

Slightly butter or oil a fireproof dish. Skin and slice some tomatoes, place in the dish in layers, with breadcrumbs or corn-flakes—*i.e.*, post toasties, granose flakes, etc.—between, finishing with crumbs or flakes on the top. Dot over with little bits of butter, sprinkle with chopped parsley, and bake till lightly brown.

Note.—If for an invalid, the butter, crumbs, and parsley, should be omitted.

Cold Savoury of Tomatoes and Green Peas.

Tomatoes.
Peas.
Lettuces.

Mayonnaise dressing (see recipe, p. 190).

Skin carefully several large well-shaped tomatoes and scoop out the centres. Mix the pulp with some cold cooked young green peas, and refill the tomatoes with the mixture.

Prepare a mayonnaise dressing and pile on the top. Place each tomato on a fresh lettuce leaf and serve, garnished with slices of lemon.

Tomato Soup.

1½ pounds of tomatoes.
1 pint of hot water.
2 cups of milk.

1 ounce of flour.
2 ounces of butter.

Boil the tomatoes in the water for half an hour, and rub through a sieve.

In another pan (earthenware) bring the milk to the boil; rub the butter into the flour, and add to the milk, being careful to have no lumps.

When ready to serve, pour into a hot tureen, first the tomatoes, then the milk, stirring all the time.

Tomato Sauce.

½ pound of tomatoes.
2 onions.

2 ounces of butter.

Put the butter into a stewpan with the tomatoes and sliced onions. Cook very slowly for about half an hour. When done, put through a gravy-strainer or a fine sieve. If too thick, add a little water.

Baked Stuffed Tomatoes.

4 large tomatoes.
1 teacupful of breadcrumbs.
1 ounce of butter.
3 or 4 mushrooms.
1 teaspoonful of chopped parsley.
1 egg.
A lemon.

Cut the tomatoes in halves, and remove some of the pulp. Melt the butter in an earthenware stewpan. Put in the mushrooms chopped, the pulp, the parsley and breadcrumbs, and a little grated lemon-rind. Cover closely, and stew slowly, shaking often to prevent burning, till the juice has all run from the mushrooms and they are quite cooked. Completely fill each half-tomato with the mixture, sprinkle breadcrumbs on the top, and put a tiny piece of butter on each. Put on a buttered fireproof dish, bake in a moderately hot oven for about twenty minutes, and send to table in the dish.

Baked Curried Tomatoes.

6 tomatoes.
½ pint of tomato sauce (see recipe, p. 163).
Breadcrumbs.
Butter.
1 tablespoonful of red currant jelly.
1 dessertspoonful of curry-paste.

Skin the tomatoes, and place in a buttered fireproof dish. Mix the sauce with the curry-paste and jelly, boil five minutes, pour over the tomatoes, sprinkle with breadcrumbs, pour a little oiled butter over, and bake fifteen minutes in a hot oven. Serve with plain boiled rice.

Note.—Or, instead of curry-paste and jelly, add one tablespoonful of stoned stewed raisins to the tomato sauce, and stir the mixture into a well-beaten egg. Pour over the tomatoes, sprinkle with grape nuts and oiled butter, and bake as before.

PULSES.

Bean and Tomato Soup.

1 pound of tomatoes.
½ pound of large haricot beans.
2 potatoes.
1 onion.
2 pints of cold water.
1 ounce of butter.
½ pint of milk.

Pour boiling water on the beans, and cover with a plate, when the skins can be easily removed with the fingers.

Peel and slice potatoes and onions, and put in an earthenware pot with the beans and cold water. Bring to the boil, and cook very slowly till quite soft, not less than three hours; strain and return to the pot with the tomatoes, and boil till cooked. Rub through a sieve, add milk and butter or cream, and heat thoroughly.

Butter Beans with Tomato Purée.

Small butter beans.
Tomatoes.
Butter.
Lemon.
Parsley.
Mint.

Cook the required quantity of small butter beans (see stewed beans, p. 143). Form them into a ring on a hot dish. Stew the tomatoes in butter, rub through a sieve, pile the purée in the centre of the ring of beans, sprinkle with finely chopped mint, and garnish with parsley and slices of lemon. Serve very hot.

Butter Bean Savoury.

1 ounce of butter.
1 ounce of wholemeal flour.
1 large tomato.
1 small onion.
½ pint of stock or water.
½ pound of butter beans.

Peel and chop the onion, and fry in the butter in an earthenware stewpan; add the flour, fry a little, and moisten with the stock or water. Add the tomato, peeled and cut up, and simmer fifteen minutes; strain,

squeezing as much as possible through a gravy-strainer, and return to the stewpan. Remove the skins from the beans by covering them with boiling water till the skins rub off easily with the fingers. Add the beans to the sauce in the casserole, and simmer gently till they are quite tender, but not broken. Dish up, and serve hot in a ring of well-mashed potatoes, or any green leaf vegetable, spinach, cabbage, etc.

Curried Beans.

1 teacup of large butter beans.
1 medium-sized onion.
1½ ounces of butter or Nutter.
1 dessertspoon of curry-powder.
Half an apple.
1 dessertspoon of lemon-juice.
1 tablespoon of large raisins stoned.
1 teacup of tomato sauce.
Half a teacup of brown stock or gravy.

Grate the onion, and blend it with the butter or Nutter in an earthenware stewpan; add the curry-powder, and stir over the fire for a few minutes. Next add the apples, peeled, cored, and grated, the lemon-juice and raisins; moisten with the tomato sauce and brown stock, and stir until it boils. Add the beans, having first removed the skins, and simmer gently in a bain-marie three or four hours or longer till they are quite tender. Serve with plain boiled rice.

Note.—Curry is best made the day before it is needed. To heat up, place in a covered basin, and stand in a saucepan of boiling water till hot through.

Haricot Stew en Casserole.

2 ounces of butter or Nutter.
1 ounce of wholemeal flour.
1 teacupful of haricot beans.
1 pint of water or stock.
2 small onions with 1 clove.
2 carrots.
1 turnip.
6 small potatoes.
A bouquet of savoury herbs.

Melt the butter or Nutter in a casserole, and fry all the vegetables (except beans) till light brown. Sprinkle

the flour over them, stir for a few minutes over the fire, then moisten with the stock or water. Add the beans, skinned, and let the whole cook gently for about three hours or longer in a bain-marie. Take out the herbs, and serve hot.

A tomato is always an improvement.

Haricot Roast.

2 breakfastcups of wholemeal breadcrumbs.
2 breakfastcups of butter beans or haricot beans.
1 large onion.
¼ pound of butter.
A bunch of sage, parsley, and thyme.

Soak the beans in boiling water until the skins can be removed easiiy. Boil until soft, and put through a sieve. Mix the purée with the butter, breadcrumbs, and seasonings, which must be very finely chopped.

N.B.—It is an improvement to stew the onion in a little of the butter before chopping.

Mould the mixture into a long shape, and roast slowly for three-quarters of an hour, covered with buttered paper. Baste well.

Serve with apple sauce.

Dhäl Curry.

¼ pound of lentils or dry green split peas.
1 small onion cut finely.
1 clove of garlic.
1½ teaspoonfuls of curry-powder.

Well wash the lentils, and put them with all the other ingredients into an earthenware stewpan. Add water to about 4 inches above the lentils, bring quickly to the boil, and cook till the consistency of thick cream—three to four hours. Add a little butter, and stir well before dishing.

Purée of Split Green Peas with Tomatoes.

Split green peas.
Tomatoes.
Parsley.
Lemon-juice.

Make a purée of split green peas (see recipe for purée of peas and lentils, p. 144). Bake some tomatoes, sprinkle each with finely chopped parsley, form a circle of the purée round them, squeeze a lemon over, and serve very hot.

Winter Pea Soup.

1 quart of split peas.
A little parsley, thyme, and bay-leaf.
3 quarts of water.
½ pound of butter.
1 quart of milk.

Wash the peas well, and put in an earthenware soup-pot with the water and seasoning. Bring quickly to the boil, draw to one side and simmer gently, till the water is reduced to half and the peas are in a purée—about three hours. Rub through a sieve, and return to the pot with the butter and milk. Stir well together, and serve very hot.

Lentil Soup.

3 onions.
1 turnip.
1 carrot.
¼ pound of butter.
A sprig of parsley.
A sprig of thyme.
2 bay-leaves.
1 quart of lentils.
3 quarts of water.

Cut the onions, turnips, and carrots, in thin slices, and put into an earthenware soup-pot with the butter and herbs. Fry till brown; add the lentils and water. Bring quickly to the boil, and simmer gently till quite cooked—about three hours. Serve very hot with fried bread.

Note.—For lentil purée: Strain off the broth, add a good spoonful of flour to the lentils; mash with a wooden

spoon against the sides of the pot. Return the broth, and boil well, stirring all the time. Rub through a sieve, and serve hot.

MIXED VEGETABLES RECIPES.

Autumn Soup.

4 cabbage lettuces.
1 cos lettuce.
1 handful of sorrel.
A little tarragon and chervil.
2 cucumbers.
2 ounces of butter.
2 ounces of flour.
3 quarts of milk.
1 quart of fresh green peas shelled.

Shred (by pulling to pieces with the fingers) the lettuces, sorrel, tarragon, and chervil. Put into a stewpan with the cucumbers finely sliced, and the butter. Place over a hot fire, stirring occasionally till very little liquid remains; add the flour, and stir well in. Add the milk and peas, and boil gently for about half an hour.

Brown Sauce of Vegetables.

1 medium-sized onion.
1 small carrot.
1 large tomato.
2 or 3 mushrooms.
1 ounce of butter.
1 ounce of flour.
¾ pint of brown bean stock (see recipe, p. 143), or milk and water.

Peel and chop the onion, scrape and slice the carrot, and skin the tomato. Peel and remove the stalks from the mushrooms. Melt the butter in an earthenware stewpot, and when hot stir in the flour. Then add all the vegetables, and stir over the fire till brown. Add the stock, or milk and water, and continue stirring until it boils. Draw to one side, simmer gently for half an hour, or stand in a bain-marie for an hour or longer.

Brown Soup (Rich).

4 large turnips.
5 large carrots.
8 large onions.
5 or 6 large tomatoes.
A few mushrooms, if possible.
2 quarts of water.
1 ounce of nut fat.

Put the fat into a frying-pan, grate all the hard vegetables, and cut up the tomatoes and mushrooms. Put rather less than half the vegetables into the frying-pan, and fry carefully, taking care not to burn, and adding more fat if necessary. When well done, draw to the side, put on the rest of the vegetables in an earthenware pot, and cover well with boiling water. Cook gently till quite tender; then turn the contents of the frying-pan into the pot, and let them simmer gently for about three hours. Press well through a sieve or gravy-strainer and return to the pot; thicken, if desired, either with arrowroot rubbed smooth in a little cold milk, or tapioca, or agar-agar previously boiled. Boil up thoroughly and serve.

Brown Soup (Plain).

2 ounces of butter.
3 onions.
3 young carrots.
2 young turnips.
1 stick of celery.
4 cloves.
3 quarts of water.

Slice one onion, put in an earthenware stewpot with the butter, and fry till pale brown. Add ½ pint of boiling water, stirring all the time till well mixed. Cut up the carrots, turnips, and celery, rub the onions well, but do not skin, stick them with cloves, and add all to the mixture in the stewpot. Add the rest of the water, and simmer gently, well covered, till reduced by half. Strain and thicken if desired (see p. 140 for method of thickening); boil up and serve with egg balls (see recipe, p. 190).

Curry Soup.

1 large carrot.
1 turnip.
1 stick of celery.
4 medium-sized onions.
2 ounces of butter=2 tablespoonfuls.
2 ounces of rice.
1 tablespoonful of curry-powder.
1 tablespoonful of wholemeal flour.
1 apple or a stick of rhubarb.
2 pints of water.
1 teaspoonful of brown sugar.
Bay-leaf.
Lemon-juice.

Slice the onions, and fry in the butter in an earthenware stewpot. Mix the curry-powder and flour well together, and stir into them. Cover closely, and cook slowly for half an hour. Add the apple or rhubarb, sugar, bay-leaf, lemon-juice, and cook till the fruit is tender. Then add slowly the boiling water, and the vegetables cut in pieces. Cover closely, and simmer gently till all are tender—about three hours. Strain, and return to the pot with the rice. Continue cooking till the rice is fully swollen. If preferred, the soup may be thickened (see p. 140 for method of thickening), and the rice cooked and served separately.

French Soupe Maigre.

3 large carrots.
3 large turnips (size of an orange).
2 leeks.
Bunch of parsley, saffron, and sorrel.
2 potatoes.
1 lettuce.
1 head of endive.
3 peppercorns.
1 slice of wholemeal bread.
¼ pound of butter.

Cut the vegetables and bread small, and cover with boiling water; boil slowly from two to four hours in an earthenware soup-pot. Rub through the sieve, add the butter, and heat up thoroughly.

If preferred, the bread can be sliced and the boiling soup poured over it.

Purée of Vegetables.

3 onions.
3 young turnips.
1 young carrot.
4 potatoes.
½ pound of butter.
A bunch of parsley.
5 pints of milk.
1 ounce of wholemeal flour.

Peel and cut up finely the onions, turnips, carrot, and potatoes, put them into an earthenware pot with the butter and parsley. Shake them over a hot fire for ten minutes, stir in the flour, add the milk, stir until boiling, then simmer slowly till cooked; rub through a tammy or sieve. Served with fried croutons.

Vegetable Soup (Brown).

6 turnips the size of an orange.
Equal weight of carrots.
4 medium-sized onions.
1 teaspoonful of Barbadoes sugar.
2 ounces of butter.
Outside stick of celery.
A bouquet of herbs.
2 black peppercorns.
3 pints of water.

Cut the turnips and carrots into dice, and slice the onions and celery. Put the butter cold into an earthenware stewpot, and add the vegetables in the following order—turnips, carrots, onions, and celery. Put the sugar on the top, cover closely, and put on the fire. Do not open it for four hours, but keep well shaken after the cooking has commenced. Then add the water, peppercorns, and the bouquet of herbs; this last must be removed as soon as it begins to smell. If liked, some cooked macaroni, spaghetti, or vermicelli, may be added before serving.

Curried Vegetables en Casserole.

2 ounces of butter.
1 ounce of wholemeal flour.
½ ounce of curry-powder.
3 large onions.
2 carrots.
1 turnip.
1 apple or stick of rhubarb.
6 small potatoes.
1 clove.
A bouquet of herbs.
1 pint of milk and water or barley stock.
1 teacupful of haricot beans.
Half a lemon.

Melt the butter in a large earthenware stewpot, stir in the flour and curry-powder mixed, one onion, and the apple or stick of rhubarb, grated, the clove and bouquet of herbs. Cook gently for a few minutes, then add the milk gradually, and simmer for ten minutes. Peel and cut up the carrots, onions, turnip, and potatoes, skin the beans, and fry them in a little butter and sugar to colour them. Add them to the rest of the ingredients in the stewpot, and cook the whole very gently for about two hours, closely covered, with buttered paper under the lid. Two or three tomatoes may be added, if desired, about half an hour before the curry is done. Before serving, take out the herbs, add the juice of half a lemon, and serve *en casserole*, with some well-boiled rice in a separate dish. Chopped or grated nuts and a few raisins are a good addition, if liked.

Forcemeat Pie.

1 quart of water.
1 breakfastcupful of rice.
1 ounce of tapioca.
2 breakfastcupfuls of wholemeal breadcrumbs.
2 eggs.
4 ounces of tomatoes.
3 ounces of onions.
2 ounces of potatoes.
¼ pound of butter.
1 ounce of pine kernels or other nuts.
If possible, a few peas and beans, a little carrot and celery, thyme, parsley, sage, mace, cloves.

Cook the rice, tapioca, and spice, in the water until they form a jelly. Then add the butter and breadcrumbs well mixed with the herbs, chopped finely,

and the nuts; then all the other vegetables cooked separately, and cut into suitable shapes.

Beat up the eggs, and add to the mixture when it is cold. Press into moulds and bake one hour, or longer if necessary. Turn out, and serve cold with salad.

Forcemeat Balls.

1 breakfastcupful of crumbs.
2 ounces of butter.
1 egg.
1 dessertspoonful of mixed herbs (parsley, thyme, and mint).

Rub the butter into the crumbs and herbs, and mix with the egg. Form into balls, roll in flour, and fry in hot fat, or drop into boiling soup or hot-pot five minutes before serving.

Galantine.

¼ ounce of agar-agar.
1 quart of water.
A strip of lemon-peel.
A few cloves.
1 egg yolk or 1 teacupful of strained tomato purée.
Other ingredients: Hard-boiled eggs, tomatoes, peas.

Soak the agar-agar in the water with the lemon-peel and cloves for about half an hour; then boil together very gently for one and a half hours. While hot, stir in the egg yolk or tomato purée.

Line a mould with the hard-boiled eggs, sliced tomatoes, and cooked green peas. Pour the hot agar-agar mixture into the mould, being careful that it is quite full. Set aside to cool. When set, turn out and garnish with sliced tomatoes, hard-boiled eggs quartered, and parsley.

Cooked spaghetti with tomatoes and hard-boiled eggs make a good galatine. Any cooked vegetables may be used. A few spring onions boiled with the agar-agar give a nice flavouring, if liked.

Hot-Pot.

Brown stock (see recipe for plain or rich brown soup, p. 170).
Vegetables in season.
Forcemeat balls (see recipe, p. 174).

Heat the stock in a marmite jar. Cook the vegetables separately, and add them to the stock about half an hour before serving; five minutes before serving bring the pot to the boil, and drop in the balls.

Stuffed Vegetable Marrow.

1 young marrow.
Butter.
Water.
Savoury stuffing (see recipe, p. 175).

Put a young marrow of the size required into an earthenware stewpot with a little boiling water. Cover closely, and cook gently till it begins to get soft. Take it out, and cut it in half. Stuff well with the savoury mixture, tie up and place in a fireproof dish, pour round it the water in which it has been cooking, put a little butter on the top, and bake slowly till tender. A buttered paper may be placed on the top to prevent burning, and the marrow should be basted from time to time.

Before serving, make a béchamel sauce (see recipe, p. 193) with the liquor round the marrow, and pour over it.

Savoury Stuffing.

1 onion.
½ ounce of butter.
1 cupful of breadcrumbs.
Parsley.
Thyme.
The rind of half a lemon.

Slice the onion, put it in an earthenware stewpan with a little butter, and cook gently till pulped. Chop the parsley and thyme finely, and mix with the bread-crumbs and grated lemon-rind. Stir into the onion

pulp, and work well together. When cold it is ready for use. A few grated nuts may be added to the bread-crumbs, or some chopped pine kernels.

Vegetable Pie.

Equal quantities of cold cooked potatoes, cabbage, and carrots.	Butter or Nutter. Onion.

Melt some butter or Nutter in a stewpan, add the onions sliced, and cook till tender. Stir in the vegetables cut up small, and, when thoroughly cooked, turn into a well-greased pie-dish. Cover with paste, and bake half an hour in a hot oven.

Hard-boiled eggs or cooked beans or lentils are an improvement to the above.

PREPARATION OF PREPARED STARCH FOODS.

Arrowroot is a fine meal prepared from the root of a plant grown in the East and West Indies, and is used for thickening soups, sauces, puddings, etc.

A Transparent Jelly (Arrowroot).

A heaped teaspoonful of arrowroot.	Water, cream, lemon-juice and honey to taste.

Put the arrowroot into a basin, and mix smoothly with a little water; then add enough boiling water to make it about the consistency of starch, stirring all the time. Pour it into a stewpan, and stir over the fire until it has boiled two minutes. Add a little cream, lemon-juice and honey to taste, and serve.

Arrowroot Gruel.

2 teaspoonfuls of arrowroot.
Butter.
Lemon-rind.
Honey.
½ pint of milk or water.

Mix the arrowroot gradually with the water or milk, let it boil a few minutes. If made with milk, add only a little butter and honey to taste, and serve; if made with water, add one-eighth of the rind of a fresh lemon, and boil with the arrowroot till sufficiently flavoured. Remove the peel, and add honey and butter to taste.

Arrowroot Water.

4½ pints of water.
2 apples.
1 stick of cinnamon.
2 large tablespoonfuls of arrowroot.

Cut the apples in slices with a silver knife without peeling. Put them into 2 quarts of water with one stick of cinnamon, and boil for half an hour. Mix the arrowroot with ½ pint of cold water very smoothly, and pour it into the boiling water and apples. Boil together for ten minutes, and pass through a sieve. When cold, it will be a little thick.

Tous les Mois is a very fine meal prepared from the canna arrowroot, and is used in the same way as arrowroot, cornflour, etc. It makes especially nice blancmange.* (See milk recipes, pp. 193-197.)

Sago is prepared from the pith of the sago palm; it is made in different sizes, and is used for puddings (see recipes for milk puddings, p. 192), soup thickening, etc.

* It can be obtained from the West Indian Produce Association.

Sago Gruel.

2 tablespoonfuls of sago.
1 pint of milk or water.
Nutmeg, honey, and butter, to taste.

Put the sago into a small earthenware stewpan, moisten gradually with cold water or milk. Set the pot over a slow fire, and keep stirring until it becomes rather stiff and clear, like a jelly. Add grated nutmeg and honey to taste, and serve.

If made with water, a pat of butter may be stirred in with the honey and flavouring.

Tapioca is prepared from the root of the cassava plant grown in South America, and is used for the same purposes as arrowroot, sago, etc.

Tapioca au Lait.

1 pint of milk.
1 tablespoonful of tapioca.

Boil the milk, add the tapioca, and simmer till it is fully swollen; flavour with lemon-peel if desired.

Baked Tapioca Pudding.

See recipe for baked milk puddings, p. 192.

Tapioca Custard.

See egg and milk recipes, p. 198.

COFFEE.

Coffee is the berry of an evergreen which grows in various parts of the East, South America, the West Indies, etc.

To prepare for drinking, the green berry is first roasted, and then ground.

It is important that the berry should only be roasted till it is a pale golden brown. If allowed to roast till quite dark, the coffee is much more injurious.

Coffee-berries from which the caffeine has been extracted are now on the market, and have none of the deleterious effects of ordinary coffee.

To Make Coffee.

Put 2 ounces of ground coffee into an earthenware pot, and make it thoroughly hot, but on no account let it burn. Pour on to it gently 1 pint of freshly boiling water from a clean kettle. Cover quite closely, so that no steam escapes, for five minutes. Strain through a cloth wrung out in boiling water, heat up, and serve very hot.

French Coffee.

To 1 pint of the above add 1 pint of milk, bring quickly to the boil in an earthenware pot, letting it froth right up, and serve at once.

If preferred it may be served just before it comes to the boil. Cream instead of milk, or half of each, can be used if desired.

To Reheat Coffee.

Place in an earthenware jug closely covered, and stand the jug in a pan of boiling water. Milk and coffee may be kept hot in this way without spoiling.

White Coffee.

Put 2 ounces of unground pale roasted coffee into a clean earthenware pot, set on a moderately hot fire, and warm the coffee slowly through, shaking the pot every

half-minute. When very hot, which will be seen by the smoke rising from it, pour over it ½ pint of boiling water. Cover the pot well, and let it infuse by the fireside for fifteen minutes; then add ½ pint of boiling milk. Pass through a fine sieve into an earthenware coffee-pot.

Great care must be taken not to allow it to burn. If it should do so, it cannot be used.

The best way to make coffee is in fireproof china pots with a percolator. These coffee-pots are now manufactured in England, and are much less expensive than the French ones.

Cocoa and Chocolate.

Cocoa is the seed of the cocoa or chocolate plant, and is a native of Tropical America.

Chocolate is a kind of cake or hard paste which is made from the pulp of the cocoa or chocolate seed, gently roasted and mixed with sugar, cloves, cinnamon, and other spices.

Italian Method of Preparing Chocolate.

Put 2 ounces of best scraped chocolate into a chocolate-pot with a muller, the handle of which comes through the lid. Pour over it by degrees 1 pint of boiling milk, put on the lid with the muller inside, and keep it moving well by rapidly rolling the handle between the palms of the hands.

Set the pot by the fireside, and serve when very hot and frothy.

EGGS, MILK, CREAM, BUTTER

The plain preparation of the above—Miscellaneous recipes.

EGGS.

Boiled—Baked—Poached—Steamed—Buttered or scrambled—Drink for invalids—Omelets—Custards—Pancakes—Soufflés—Various savouries—Sauces—Sweets.

Fresh eggs will have a bright, light, transparent yellow tint when held, enclosed in the hand, to the light or to a lighted candle.

Bad eggs will be dull-looking and opaque, and have spots on the shell when held to the light in this way.

Stale eggs should not be used for any kind of cooking. They are most unwholesome.

To Boil an Egg.

Place an egg in a vessel of boiling water, remove from the fire, and keep covered closely for about ten minutes, when it should be lightly set.

If hard-boiled eggs are wanted, never allow them to boil more than ten minutes.

Baked Eggs.

Slightly butter several small fireproof pans or one large one. Break the eggs carefully in, and bake in a moderately hot oven. They should be sufficiently set in about six minutes. Serve very hot.

Poached Eggs.

Break a perfectly fresh egg into a cup, and remove all the white bits, being careful not to break the yolk; have ready a saucepan of fresh boiling water, and just before putting in the egg stir the water rapidly, which will keep the egg a good shape. Remove when the white is lightly set, and serve on a very hot dish.

Steamed Eggs.

Lightly butter or oil a small basin or cup, break into it a perfectly fresh egg, add a spoonful of thin cream, cover with a saucer, and stand in a saucepan of boiling water till the white is just set.

Buttered or Scrambled Eggs.

Break the eggs into a small earthenware stewpan, add ½ ounce of butter to each egg, put on a gentle fire, and stir with a wooden spoon, being careful to keep the whole in motion. When it has become smooth and a little thick, serve very hot. A dessertspoonful of milk to each egg may be added, if desired, or tomato pulp.

Omelet (Plain).

Melt some butter in an earthenware omelet-pan—about ¼ ounce to an egg. Beat up the eggs well and pour them in. Stir over the fire with a wooden spoon; when they begin to set lightly, move to the handle side of the pan. Shape into an oval, folding in the ends. Allow the omelet to set and colour pale brown, turn on to a hot dish so that the under-side is on the top. Serve at once very hot.

Finely chopped herbs, onion, tomato pulp, or anything desired, may be well mixed with the eggs before

turning into the pan. Or jam, or any prepared cooked vegetables or purée, may be placed hot in the centre before it is folded and coloured.

Lait de Poule (Invalid's).

Beat the yolks of two eggs in a breakfastcup with honey to taste, and one-eighth part of the rind of a lemon freshly grated, for ten minutes. Pour boiling water on gradually, stirring all the time till the cup is full.

Custard, Plain Boiled.

Beat up two eggs well, pour gently over them, stirring all the time, 1 pint of milk, which is just at boiling-point, sweetened and flavoured to taste. Pour into a double saucepan, and stir over a gentle fire till it begins to thicken. Remove from the fire, and stir occasionally till the custard is cool, to prevent a skin forming.

Custard or Puddings.

Add the beaten-up yolks of two eggs to 1 pint of milk sweetened and flavoured; pour into a dish lined with short paste, and bake; or fill a mould with crumbs, pour the custard over, and steam or bake.

For savoury custard, add finely chopped herbs to the above mixture of eggs and milk, either with or without the crumbs.

Pancakes.

1 egg. 1 tablespoonful of milk.	Rather more than half a dessertspoonful of wholemeal flour.

Beat up the egg, add the milk, and stir in the flour. Allow to stand about half an hour before using.

Put a little butter in the bottom of an earthenware

pan of the required size of the pancake. When hot, add just enough of the mixture to cover the bottom of the pan; when lightly set, toss, and allow the other side to brown. Turn on to a hot dish and roll up. Serve very hot, with half a lemon or orange.

Cold Savoury Pancake.

Make some small pancakes the size of a tea-saucer, spread with cold tomato purée or any savoury mixture; roll up, garnish with parsley, and serve.

Soufflé.

1 ounce of butter.
½ ounce of wholemeal flour.
4 eggs.
Flavouring to taste.
1 teacupful of milk.

Melt the butter in a small earthenware stewpan. Stir in the flour and milk, and cook till the mixture leaves the sides of the pan clean. Remove from the fire, and add the yolks of the eggs, one at a time, beating the whole mixture well together.

Then add any flavouring desired, or any vegetable purée, or fruit pulp; or sweeten to taste, if for a sweet soufflé. Lastly, whisk the whites of the eggs to a stiff froth and add them. Turn into a china soufflé-dish, and bake about forty minutes.

Serve the soufflé immediately in the dish it was cooked in, placed on another hot dish.

Steamed Soufflé.

1 teacupful of any sweet or savoury mixture.
1 egg.

Beat the yolk of the egg up well; stir lightly into it the white, whipped to a stiff froth. Pour into a small china soufflé-case, or cup, or basin, and stand in a

saucepan of boiling water, with a lid on it, for two or three minutes. Serve at once.

Any sweet or savoury mixture, such as banana or baked apple pulp, or tomato pulp, or cooked rice with apple or tomato, may be heated through in the soufflé-case before the egg is added.

Note.—This makes a nourishing and easily-digested dish for an invalid.

Eggs au Beurre.

Boil the quantity of eggs required for six minutes; dip in cold water, crack, shell, and lay on a hot plate. Cut in half lengthwise very carefully; spread over each half a little fresh butter, and serve very hot.

Eggs à la Tripe.

2 onions.
½ ounce of butter.
1 teaspoonful of flour.
1 gill of milk.
6 hard-boiled eggs.

Cut the onions in thin slices, put in an earthenware stewpan with the butter on a slow fire. When warmed through add the flour and milk. Boil gently till the onions are thoroughly cooked. Put in the hard-boiled eggs cut in quarters. Serve after tossing a few minutes.

Eggs à la Rouennaise.

Tomato purée.
Poached eggs.
White sauce.
Parsley and lemon-peel.

Put a tablespoonful of tomato purée into as many previously buttered soufflé-cases as may be required. Make very hot in the oven, and place a neatly trimmed poached egg on the top of the purée; pour a little hot white sauce over each egg, and sprinkle with finely chopped parsley and grated lemon-peel.

Eggs sur le Plat.

Eggs. | Butter.

Slightly butter a shallow dish ; break in as many eggs as required, without damaging the yolks. Dot a few pieces of butter over them, and place in the oven or before the fire till just set; about six minutes should be long enough in a hot oven.

Eggs en Cocotte.

Eggs.
Butter. | Cream.

Butter several little cocotte-pans, put a dessertspoonful of fresh cream into each, break carefully as many fresh eggs, and put one in each pan. Cook in a fairly hot oven. The eggs should be sufficiently set in about six minutes.

Egg Coquilles with Spinach.

Spinach purée.
Butter. | Cream.
Eggs.

Butter several very small coquille or marmite pots or china soufflé-cases, and put in each a tablespoonful of prepared spinach (see recipe, p. 161). Upon this put a dessertspoonful of cream. Break a fresh egg into each, and bake carefully in a moderate oven for about eight minutes. Serve very hot.

Egg Steamed with Tomato.

Tomatoes.
Eggs.
Butter. | Cream.
Parsley.

Lightly butter or oil a very small basin or marmite pot. Put into it a tomato skinned and sliced, cover with a saucer, and stand in a saucepan of boiling water till nearly cooked; break a perfectly fresh egg, and

place carefully on the top. Add a spoonful of thin cream, sprinkle with finely chopped parsley, and replace in the boiling water till the white is lightly set. Serve very hot. For some people it is best to leave out the egg yolk.

Stuffed Eggs.

(*A cold savoury dish.*)

Eggs.	Onion.
Tomatoes.	Parsley.
Butter.	

Boil hard as many eggs as will be required. Cut them carefully in halves so as not to break the whites.

Put some tomatoes, grated onion, and finely chopped parsley, into a small earthenware stewpot with a little butter. Stew to a pulp, and rub through a sieve or gravy-strainer. When cold, work to a paste with the egg yolks. Fill the whites with the mixture, and garnish with fresh parsley and slices of lemon.

Note.—A mushroom cooked with the savoury mixture is a great improvement.

Tomato Omelet à la Viennoise.

Eggs.	Mint.
Butter.	Grated lemon-peel.
Tomatoes.	

Whisk up several fresh eggs in a basin, and pour them into a well-buttered fireproof soufflé-dish. Bake in a very hot oven till the omelet is set and a nice golden brown. Make a hole carefully in the centre of the omelet, and fill the cavity with a tomato stew made as follows: Dip three or four small ripe tomatoes in boiling water for a few seconds, and remove the skins. Cut them into quarters, and toss in a little butter over a hot fire. Season with some finely chopped mint and grated lemon-peel. Send to table in the dish in which the omelet is baked.

Shredded Wheat Omelet (Hot or Cold).

3 shredded wheat biscuits.
1 onion.
2 eggs.
Parsley and thyme finely chopped.
1 gill of milk.

Crumble the biscuits, chop the onion very fine, add the seasonings, milk, and the eggs unbeaten. Mix all together, and allow to stand for an hour. Fry in plenty of hot Nutter until well browned.

If to be served cold, press into a mould and turn out when cold and stiff.

Egg Fritters.

Eggs.
Crumbs.
Butter.
Mixed herbs.

Poach some eggs (for method, see p. 182), drain well, and brush over with well-beaten yolk of egg. Sprinkle with fine crumbs and finely chopped herbs. Fry a moment in boiling fat, and serve very hot with fried parsley.

Radlett Fried Eggs.

Break as many eggs as will be required into separate cups, *one yolk in a cup, one white in a basin.* Whip one white to a perfectly stiff froth, and pour it from the basin into very hot Nutter. Cook gently for half a minute. Then with a spoon make a slight depression in the centre of the white, and slide the yolk into it. Fry for another half-minute, then with a spoon ladle some of the hot fat over the yolk. As soon as the under-part is nicely brown, remove to a hot dish with a palette-knife or fish-slice. Use plenty of fat for frying.

Cambridge Eggs.

4 hard-boiled eggs.
2 tablespoonfuls of wholemeal flour.
½ pint of milk or cream.
1 tablespoonful of minced parsley.

Mix the flour smooth with a little of the milk or cream, add the rest, pour into an earthenware stewpan, and stir over the fire till it thickens. Add some of the parsley, and the whites of the eggs chopped and two-thirds of the yolks grated. Turn into a deep fireproof baking-dish, and put in the oven for ten minutes. Just before serving, sprinkle the rest of the grated yolks and parsley on the top.

Some or all of the eggs may be cut into quarters, if preferred.

Spanish Pie.

Potatoes.
Tomatoes.
Onions.
Eggs
Pine kernels.
Butter.

Chop some cold potatoes, and fry till crisp and pale brown. Lay them in the bottom of a buttered fireproof dish. Fry together some tomatoes and onions till thoroughly cooked, and lay on the potatoes. Put in the oven to keep hot. Scramble some eggs lightly (see recipe, p. 182), and pour on the top of the dish. Sprinkle thickly with hot roasted pine kernels, and serve at once.

Eggs au Rari.

2 eggs.
1 small onion.
1 tablespoonful of wholemeal flour.
2 ounces of butter.
2 ounces of sweet almonds.
2 ounces of raisins.
1 apple.
The juice of half a lemon.
1 pint of stock or water.
1 gill of cream.

Melt the butter in a small earthenware stewpan. Peel and mince the onion, and stew in the butter; when cooked, add the flour. Cook slowly together till pale

brown. Then add the apple minced, the raisins stoned, and the stock or water. Stir till boiling, and simmer for half an hour. Just before serving, add the almonds skinned and chopped, the eggs quartered, and the cream and lemon-juice. Serve in a ring of plain boiled rice or mashed potato.

Egg Balls.

Boil the desired number of eggs hard. Take the yolks, rub together into little balls, and roll in wholemeal flour. Drop into soup just before serving.

Mayonnaise Sauce.

1 egg.
1 teacupful or more of oil.
The juice of half a lemon.

Take the yolk of a raw egg, and stir into it very carefully, drop by drop, a teacupful of oil till it becomes thick and smooth; add lemon-juice to taste, and mix thoroughly in.

Liaison of Eggs.

3 eggs.
6 spoonfuls of milk.
8 spoonfuls of cream.

Break the yolks of the eggs into a basin, with which mix the milk and cream, and pass through a fine sieve.

Salad Dressing.

1 new egg yolk.
½ gill of cream.
1 tablespoonful of oil.
1 tablespoonful of lemon- or lime-juice.
1 dessertspoonful of honey or sugar.

Mix the egg yolk and sweetening well together, add the oil drop by drop, stirring all the time, then add the lemon-juice, and lastly the cream.

When properly made, the dressing should be the consistency of a good custard.

EGG SWEETS.

Lemon Curd.

¼ pound butter.
1 pound lump sugar.
6 eggs (leaving out 2 whites).
Grated rind and juice of 2 lemons.

Melt the butter and sugar, add the eggs, well beaten, and the grated rind of the lemons. Let the mixture simmer till it begins to thicken, stirring all the time. Add the juice of the lemons when the mixture is cool.

Lemon Jelly.

½ ounce of agar-agar.
The juice of 3 lemons and the grated rind of 1 lemon.
5 ounces of sugar.
3 eggs.
Water.

Boil the agar-agar in rather less than a quart of water (the lemon-juice makes up the quart). When quite melted, add the sugar, juice, and grated peel, with the whipped yolks of the eggs. Stir till nearly boiling. Whip the whites to the stiffest froth, and when the liquid is just on the boil pour it over them and mix it in.

Pour into wetted moulds, and put into a cool place to set.

Friar's Omelet.

6 large apples.
2 ounces of butter.
2 eggs.
2 tablespoonfuls of water.
A little lemon-peel.
Crumbs.

Peel and core the apples and stew in the water, sweeten to taste, and stir in the butter. When cold, add the eggs, well beaten, and a little grated lemon-peel.

Butter a pie-dish well, strew it over with crumbs, fill with the apple mixture, sprinkle crumbs on the top, bake, and turn out into a flat dish. Serve very hot.

MILK, CREAM, BUTTER.

Cheese—Plain puddings—Soups—Sauces—Sweets.

Curd Cheese.

The juice of half a lemon or of one lime.	1 pint of milk.

Stir the milk over a gentle fire till it is warm, then add to it the juice of the lemon or lime.

When the curds have formed, pour them through a sieve or strainer over which has been placed a muslin cheese-cloth. Hang the curds up to drain till all the whey is out, press into any shape desired, and it is ready for serving.

If preferred soft, it may be used without being hung up to drain.

N.B.—The whey sweetened with honey is an excellent drink.

Cream Cheese.

Put some thick cream into a muslin cloth, and hang up to drain till all the whey is out. Press to any shape desired in wooden cheese-boxes or between plates, and keep two or three days before using.

Baked Milk Puddings.

To 1 pint of milk put two tablespoonfuls of any prepared cereal or starch food and ½ ounce of butter. Cook very slowly for several hours, stirring occasionally.

The pudding is greatly improved by being prepared overnight ready for cooking. It should be put into a cool place covered from the dust.

Note.—An egg may be added, if desired, when the cereal is well cooked, and the pudding returned to the oven to brown.

White Sauce.

1 ounce of butter.
½ pint of milk or cream.
½ ounce of arrowroot, cornflour or sifted wholemeal flour.

Melt the butter in a small earthenware stewpan, stir in the arrowroot, cornflour, or flour. When smooth, add the milk slowly, and stir over the fire till it boils. Cook ten or fifteen minutes.

Season, if required, and serve.

Note.—For a richer sauce, add two tablespoons of good cream, and reheat, without allowing the sauce to boil again.

Béchamel Sauce.

1 ounce of butter.
3 ounces of sifted wholemeal flour.
1 small carrot.
Half a small onion.
1 clove.
1 bay-leaf.
A small blade of mace.
½ pint of milk.
1 gill of barley stock.

Melt the butter in a small earthenware pot, and stir in the flour; cook a few minutes without browning. Then add the carrot sliced, the onion stuck with the clove, the bay-leaf and mace; stir well, and add the milk and barley stock. Stir till it boils, and simmer gently for about half an hour.

Strain and use as required.

White Milk Soup.

1 pint of milk.
½ teaspoonful of fine sago.
A little mace.
1 egg.

Put the sago, milk, and mace, into a double pan, and cook until the sago is fully swollen. Beat the yolk of the egg up well, and pour the boiling soup over it, stirring all the time. Remove the mace, and just before serving add the white of the egg in spoonfuls, having first whipped it to a stiff froth.

Maître d'Hôtel Butter.

¼ pound of fresh butter.
The juice of 2 lemons.
1 teaspoonful of chopped parsley.

Mix the ingredients well together, and keep cool for use.

Note.—Parsley may be replaced by chervil or tarragon.

Maître d'Hôtel Sauce.

8 spoonfuls of white sauce (see recipe, p. 193).
4 spoonfuls of milk.
2 ounces of maître d'hôtel butter.

Put the white sauce in a small earthenware pot with the milk, boil for five minutes; then add the maître d'hôtel butter, stir quickly over the fire until the butter has melted, but do not let the sauce boil again.

Note.—This sauce should be served as soon as it is made.

Melted Butter.

1 level tablespoonful of sifted wholemeal flour.
3 ounces of butter.

Mix 2 ounces of the butter and flour well together before putting on the fire; when a smooth paste, add rather more than ½ pint of hot water. Put on the fire in an earthenware pot, and stir till nearly boiling. Remove, and add the other ounce of butter. When done, it should adhere lightly to the back of the spoon, and be transparent, not pasty.

For Egg Sauce, add about six hard-boiled eggs, cut into dice, to a pint of melted butter.

For Fennel Sauce, add one tablespoonful of chopped fennel to ½ pint of melted butter.

MILK AND CREAM SWEETS.

Fruit Cream.

Put any stewed fruit or jam (preferably raspberry and strawberry jam or blackberry jelly) into custard-glasses till nearly half full, and fill up with plain cream. If preferred, the cream may be whipped.

Imperial Cream.

1 pint of cream.
Sugar or honey to taste.
2 lemons.
1 laurel-leaf.

Bring to the boil the cream, sugar, and rinds of the lemon cut very thinly, and the laurel-leaf. Stir until tepid, and add the juice of the lemons when almost cold. Remove the bay-leaf and lemon-rind.

N.B.—If the lemon-juice is added when the cream is too warm it will coagulate.

Corn Flake Cream.

4 breakfastcupfuls of Kellog's toasted corn-flakes or post toasties.
2 lemons.
1 gill of cream.
Honey or sugar to taste.

Make the flakes crisp in the oven. Grate the yellow rind of the lemons with a fine grater, and mix it thoroughly with a little castor sugar or honey. Incorporate with the flakes, and pile on a glass dish.

Squeeze the juice of the lemons, and strain, mixing with sugar or honey; add to the cream, and whip it until it stiffens — about two minutes. Put in a separate dish, and leave for a few hours, or the cream may be placed round the flakes just before serving.

Note.—The flakes are nice with only lemon and honey stirred into them.

Orange Cream.

¼ ounce of agar-agar.
1 pint of milk.
½ pint of orange-juice.
The juice of half a lemon.
Honey.

Soak the agar-agar in warm milk in a double saucepan, add a strip of lemon-peel 2 inches long, and boil till the agar-agar is dissolved. Have ready the orange and lemon juice, mix with a little cold milk; then add to the other milk, sweeten with honey, stir a few minutes, strain into a wet mould, and stand till next day.

The Children's Cornflour Pudding.

1 quart of milk.
2 tablespoonfuls of cornflour.
Jam.
Cream.

Mix the cornflour in cold milk and pour boiling milk over it. Stir over the fire in an earthenware pot till it begins to thicken, and then boil for ten minutes, stirring all the time. Sweeten to taste with sugar or honey, and serve plain; or cover the bottom of a deep dish with fruit or preserve, pour the hot cornflour over it, and when cold pour some cream on the top, plain or whipped as preferred.

N.B.—Strawberry jam is nicest for this pudding.

EGG AND MILK SWEETS.

Cornflour Soufflé.

1 tablespoonful of cornflour.
½ pint of milk.
1 strip of lemon-rind.
2 eggs.
Honey or sugar to taste.

Mix the cornflour with a little of the milk, and put the rest on to boil in an earthenware stewpan with the lemon-rind, and sweeten to taste. When boiling, add

the cornflour, stir over the fire till it boils again; remove from the fire a minute, then let it boil up again, allowing it to boil up three times altogether. Remove from the fire and take out the peel. Beat up the yolks of the eggs and add to the mixture; whisk the whites to a stiff froth and stir them gently in. Pour into a buttered shallow fireproof dish, and bake about fifteen minutes in a hot oven. Serve immediately.

Egg Sponge.

¼ ounce of agar-agar.
1 pint of milk.
3 or 4 eggs.
2 tablespoonfuls of sifted sugar or honey.
A small strip of lemon-rind.

Soak the agar-agar in a little water with the lemon-rind for half an hour, then boil till dissolved. Remove the rind, add the sweetening, and stir into the milk. Bring almost to the boil in an earthenware pot, and pour gently over the well-beaten egg yolks, stirring all the time. Whip the whites to a stiff froth and add them to the mixture. Pour into a wet mould, and put into a cool place to set. When cold, turn out and serve.

Leckie Cream.

3 egg yolks.
1 egg white.
2 ounces of sugar or honey.
1½ pints of milk.
2 good tablespoonfuls of sifted wholemeal flour or cornflour.

Beat up the eggs, mix in the milk, add carefully the flour and sugar. Boil over a slow fire till the mixture thickens. Have ready in a shallow dish some large stoned raisins and crisp brown almonds, pour the cream over them, and serve cold with powdered nutmeg or cinnamon on the top.

St. Leonards Custard Pudding.

1 tablespoonful of wholemeal flour.
2 ounces of butter.
½ pint of milk.
2 ounces of sugar or honey.
1 strip of lemon-rind.
3 eggs.

Put the flour into an earthenware stewpan with the butter, and stir over a gentle fire till quite smooth. Add the milk by degrees, then the sugar or honey and flavouring. Stir all together till the mixture thickens, but do not boil; remove the lemon-rind. Turn into a basin, and when nearly cold add the egg yolks well beaten. Spread a layer of fruit or jam at the bottom of a dish, pour the mixture over it, and bake one hour. Ten minutes before serving whip the whites of the eggs to a stiff froth, pile them on the top, and return to the oven till lightly brown.

Tapioca Custard.

2 tablespoonfuls of tapioca.
3 tablespoonfuls of sugar or honey.
2 eggs.
1 pint of milk.
Lemon juice and rind flavouring.

Soak the tapioca overnight with the flavouring in enough water just to cover it. Next morning boil the milk and stir in the tapioca; beat the whites and yolks of eggs separately, and stir in the yolks with the honey or sugar beaten up with them. Stir till the mixture skins, remove the lemon-rind, take off the fire, and immediately stir in lightly the whites of the eggs. Dish up and set in a cool place. Sprinkle ground nuts over it.

THREE TYPES OF MENUS

I. MENU OF VARIED AND SAVOURY NATURE

FOR THOSE TO WHOM THE SECOND AND THIRD TYPES DO NOT AT FIRST APPEAL

SPRING.

I.

Breakfast.

Fresh Fruit in Season, or Orange and Banana Salad.
Fried Potatoes. Boiled Egg.
Plain Wholemeal Bread, Biscuits, Butter, Honey.

Lunch.

Butter Bean Savoury. Brussels Sprouts.
Rhubarb Mould and Custard.
Biscuits, Butter.

Dinner.

Tomato Soup.
Nut Pie.
Brown Potato Mould. Stewed Celery.
Swiss Apple Pudding.

II.

Breakfast.

Fresh Fruit. Stewed Dates.
Tomato Soufflé. Scalded Scones.
Biscuits, Butter, Honey.

Lunch.

Nut Rissoles. Baked Onions with Brown Sauce.
Stewed Fruit. Swiss Roll.
Biscuits, Butter, Celery.

Dinner.

Onion Soup.
Rice with Vegetables.
Broccoli baked au Beurre. Roast Potatoes.
St. Leonards Custard Pudding.

III.

Breakfast.

Fresh Fruit. Stewed Apples.
Shredded Wheat Omelet. Plain Scones.
Biscuits, Butter, Marmalade.

Lunch.

Vegetable Pie.
Rice Hedgehog.
Mixed Salad. Biscuits and Butter.

Dinner.

Celery Soup.
Haricot Roast and Apple Sauce.
Mashed Potatoes. Stewed Cabbage.
Egg Sponge.

IV.

Breakfast.

Fresh Fruit. Stewed Figs.
Granose Biscuit with Grilled Tomatoes.
Plain Bread toasted. Biscuits, Butter, Marrow Jam.

Lunch.

Nut Mince. Chip Potatoes.
Curd Cheese Cakes.
Cream Cheese. Radishes. Biscuits and Butter.

Dinner.

French Soupe Maigre.
Eggs au Rari with Boiled Rice.
Plain Steamed Potatoes. Steamed Broccoli.
Rhubarb Mould.

V.

Breakfast.

Fresh Fruit. Stewed Raisins.
Œuf en Cocotte. Milk Rolls.
Biscuits, Butter, Lemon Marmalade.

Lunch.

Timbale Entrée, with thick Savoury Sauce.
Lemon Curd Cheese Cake.
Beetroot and Celery Salad. Biscuits and Butter.

Dinner.

Vegetable Soup.
Macaroni Cutlets, Lentil Purée Sauce.
Mashed Potatoes. Parsnips.
Windsor Pudding.

VI.

Breakfast.

Fresh Fruit. Stewed Prunes.
Baked Tomatoes and Sauté Potatoes.
Egg Bread. Biscuits, Butter, and Honey.

Lunch.

Nut and Potato Balls with Onion Purée Sauce.
Apple Dumplings.
Curd Cheese. Biscuits, Butter, and Lettuces.

Dinner.

Beetroot Soup.
Spanish Pie. Potato Chips. Artichokes.
Baked Jam Roll.

SUMMER.

I.

Breakfast.

Fresh Fruit in Season.
Steamed Eggs. Oat Bread.
Biscuits, Butter, Strawberry Jam.

Lunch.

Mushroom Cassolettes. Roast Potatoes.
Mixed Fruit Salad.
Cream Cheese. Biscuits and Butter.

Dinner.

Green Cabbage Soup.
Rice Roast, Onion Sauce. New Potatoes. Peas.
Orange Cream.

II.

Breakfast.

Fresh Lettuce and Radishes.
Grape Nuts and Cream. Fruit Rolls.
Biscuits, Butter, Jam.

Lunch.

Scooped Marrow with Egg Sauce.
Fruit Jelly and Cream.
Curd Cheese. Potato Salad. Biscuits and Butter.

Dinner.

Purée Vegetable Soup.
Spaghetti Cutlets, Tomato Sauce.
Potato Mould. Spinach.
Fruit Soufflé.

III.

Breakfast.

Fresh Fruit.
Savoury Omelet. Plain Scones.
Biscuits, Butter, Honey

Lunch.

Creamed Macaroni. Baked Fresh Fruit Roll.
Cream Cheese. Cucumber Salad.
Biscuits and Butter.

Dinner.

Tomato Soup.
Nut and Potato Pie.
Stewed French Beans.
Sponge Pudding, Fruit Sauce.

IV.

Breakfast.

Fresh Fruit.
Corn-flakes and Stewed Fruit. Cream.
Plain Bread. Biscuits, Butter.

Lunch.

Nut Rolls and Brown Gravy. Mashed Potato.
Fruit Meringue.
Curd Cheese with Cress. Biscuits and Butter.

Dinner.

Green Pea Soup.
Tomato Omelet à la Viennoise.
New Potatoes. German Carrots.
Lemon Rice.

V.

Breakfast.

Fresh Fruit.
Poached Eggs on Triscuit.
Plain Bread, Toast. Biscuits, Butter, Marmalade.

Lunch.

Galantine. Potatoes and Green Pea Salad.
Open Fruit Tart.
Cream Cheese. Rolls and Butter.

Dinner.

White Soup.
Potato Roast and Tomato Sauce.
Chip Potatoes. Stewed Peas.
Apple Jelly.

VI.

Breakfast.

Fresh Fruit.
Stewed Mushrooms on Wholemeal Toasted or Fried [Bread.
Scalded Scones. Biscuits, Butter, Jam.

Lunch.

Rice Fingers with Parsley Sauce.
Lemon Jelly and Fruit Creams.
Curd Cheese. Biscuits and Butter.

Dinner.

Barley Cream Soup.
Stuffed Vegetable Marrow.
Potatoes. Turnips baked au Beurre.
Leckie Cream.

AUTUMN.

I.

Breakfast.

Furmenty with Stewed Raisins.
Eggs au Beurre.
Scalded Scones. Biscuits, Butter, Jam, Marmalade.

Lunch.

Purée of Peas with Tomatoes.
Cheese Cakes, Cream Cheese, and Lettuce.
Biscuits and Butter.

Dinner.

Cabbage Soup (French Maigre).
Hot Forcemeat Pie.
Roast Potatoes. Stewed Onions.
Apple Dumplings.

II.

Breakfast.

Oatmeal Porridge. Stewed Figs.
Baked Tomatoes and Grape Nuts.
Milk Rolls. Biscuits, Butter, Jam, Marmalade.

Lunch.

Egg Fritters. Potatoes à la Maître d'Hôtel.
Baked Jam Roll.
Celery, Curd Cheese. Biscuits and Butter.

Dinner.

Autumn Soup.
Vegetable Curry.
Mashed Potatoes. Stewed Vegetable Marrow.
The Children's Cornflour Pudding.

III.

Breakfast.

Furmenty. Stewed Apples.
Cambridge Eggs.
Fruit Rolls. Biscuits, Butter, Jam, Marmalade.

Lunch.

Nut Rissoles with Beetroot Sauce.
Steamed Fruit Pudding.
Curd Cheese, Salad. Biscuits and Butter.

Dinner.

Cauliflower Soup.
Hot-pot. Plain Potatoes. Stewed Scarlet Runner Beans.
Bakewell Pudding.

IV.

Breakfast.

Oatmeal Porridge. Prunes.
Mushroom Purée.
Plain Bread, Biscuits, Butter, Jam, Marmalade.

Lunch.

Savoury Rissoles of Hominy or Maizemeal, Parsley [Sauce.
Baked Apples.
Beetroot Salad. Cream Cheese. Biscuits and Butter.

Dinner.

Creçy Soup.
Nut and Potato Pie. Fried Potato Chunks. Cauliflower.
Angel Puddings.

V.

Breakfast.

Barley Porridge. Stewed Raisins.
Radlett Fried Eggs. Wholemeal Bread toasted.
Biscuits, Butter, Jam, Marmalade.

Lunch.

Italian Rice. Golden Balls. Celery and Beetroot Salad.
Curd Cheese. Biscuits and Butter.

Dinner.

Winter Pea Soup.
Potato Timbale. Scooped Turnips.
Pumpkin Pie.

VI.

Breakfast.

Oatmeal Porridge and Stewed Apricots.
Baked Tomatoes and Sauté Potatoes.
Plain Scones. Biscuits, Butter, Jam, Marmalade.

Lunch.

Flageolet Beans with Parsnip Purée.
Apple Charlotte.
Cream Cheese. Biscuits, Butter.

Dinner.

Brown Vegetable Soup (No. II.).
Baked Macaroni. Potato Mould. Spinach.
Baked Treacle Roll Pudding

WINTER.

I.

Breakfast.

Wheatmeal Porridge and Stewed Prunes.
Baked Stuffed Tomatoes.
Wholemeal Bread, Biscuits, Butter, Marmalade, Honey.

Lunch.

Dhäl Curry and Rice.
Jam Tartlets.
Beetroot Salad. Curd Cheese. Biscuits and Butter.

Dinner.

Chestnut Soup.
Rice Croquettes. Mashed Potatoes. Stewed Leeks.
West Riding Pudding or Sponge Tart Pudding.

II.

Breakfast.

Oatmeal Porridge. Stewed Apples.
Eggs à la Tripe. Wholemeal Milk Rolls.
Biscuits, Butter, Jam, Marmalade.

Lunch.

Bean and Tomato Soup.
Celery Ramekins. Rice Cream.
Butter and Biscuits.

Dinner.

Leek Soup.
Macaroni Timbale.
Steamed Potatoes. Stewed Savoy Cabbage.
Apple Tartlets.

III.

Breakfast.

Barleymeal Porridge and Stewed Dates.
Bhaurta (an Indian Potato Dish).
Wholemeal Fruit Bread.
Biscuits, Butter, Jam, Marmalade.

Lunch.

Haricot Stew en Casserole.
Tapioca Custard and Stewed Fruit.
Curd Cheese and Salad. Biscuits and Butter.

Dinner.

Brown Soup.
Savoury Rice. Baked Potatoes. Steamed Onions.
Castle Puddings with Fruit Sauce.

IV.

Breakfast.

Wheaten Porridge and Stewed Figs.
Scrambled Eggs and Tomatoes.
Oat Bread, Biscuits, Butter, Jam, and Marmalade.

Lunch.

Baked Beans and Spinach Purée.
Baked Fresh Fruit Pudding.
Curd Cheese and Celery. Biscuits and Butter.

Dinner.

Carrot Soup.
Delhi Stew (Macaroni and Vegetables).
Roast Potatoes. Stewed Celery.
Baked Batter Pudding.

V.

Breakfast.

Oatmeal Porridge and Raisins.
Potato Soufflé.
Egg bread, Biscuits, Butter, Jam, Marmalade.

Lunch.

Onion and Barley Soubise.
Rice Kedgeree.
Open Fruit Tart.
Cream Cheese. Biscuits and Butter.

Dinner.

Artichoke Soup.
Nut Roast. Mashed Potatoes. Stewed Seakale.
Lemon Tart.

VI.

Breakfast.

Barleymeal Porridge and Stewed Oranges.
Chestnut and Tomato Stew.
Bread, Biscuits, Butter, Jam, Marmalade.

Lunch.

Rice Soup.
Egg Coquilles with Spinach.
Baked Fruit Pudding.
Curd Cheese. Biscuits and Butter.

Dinner.

Curry Soup.
Savoury Butter Beans.
Brown Potato Mould. Stewed Broccoli.
Baked Cabinet Pudding.

II. A SIMPLER DIET, MORE PRACTICAL, FOR GENERAL USE

SPRING.

I.

Breakfast.

Fresh Fruit. Cashew Nuts.
Boiled Eggs.
Scalded Scones. Jam, Bread and Butter.

Lunch.

Stewed Dried Fruit. Brazil Nuts.
Or—
Mixed Salad.
Cream Cake, Fruit Rolls. Biscuits, Butter, Jam.

Dinner.

Nut and Potato Balls. Turnip Purée.
Banana Fritters. Biscuits, Butter.

II.

Breakfast.

Fresh Fruit. Pine Kernels.
Prunes and Post Toasties.
Bread, Biscuits, Butter, Marmalade.

Lunch.

Fresh Fruit and Peanuts.

Or—

Cauliflower baked au Beurre.

Shortbread. Bread, Biscuits, Butter, Jam.

Dinner.

Hot Savoury Pancakes. Sauté Potatoes.
Lemon Pudding. Brazil Nuts.
Biscuits, Butter.

III.

Breakfast.

Fresh Fruit. Pecan Nuts.
Steamed Eggs.
Milk Rolls, Honey, and Butter.

Lunch.

Fresh Fruit. Pine Kernels.

Or—

Carrots Caramel. Flat Cake.

Bread, Biscuits, Butter, Honey.

Dinner.

Rice Croquettes. Scalloped Tomatoes.
Brown Potato Mould or New Potatoes.
Biscuits, Butter, Almonds, Honey.

IV.

Breakfast.

Fresh Fruit. Pea Nuts.
Grape Nuts. Stewed Raisins.
Egg Bread, Butter, Jam.

Lunch.

Fresh Fruit. Almonds.
Or—
Spinach Soufflé.
Sponge Cake.
Bread, Biscuits, Butter, Honey.

Dinner.

Macaroni à l'Italien.
Roast Potatoes. Stewed Carrots.
Short-cakes. Brazil Nuts. Biscuits, Butter.

V.

Breakfast.

Fresh Fruit. Pecan Nuts.
Scrambled Eggs.
Fruit Rolls. Bread, Butter.

Lunch.

Fresh Fruit. Pine Kernels.
Or—
Stewed Dried Fruits.
Beetroot Salad.
Egg Bread, Biscuits, Cream Cake, Butter, Honey.

Dinner.

Vegetable Pie. New Potatoes.
Castle Puddings. Pea Nuts.
Biscuits, Butter.

VI.

Breakfast.

Fresh Fruit. Almonds. Stewed Figs and Puffed Rice.
Plain Scones. Biscuits, Butter.

Lunch.

Fresh Fruit. Pecan Nuts.

Or—

Celery Ramekins. Milk Rolls.
Biscuits. Pound Cake. Butter, Jam.

Dinner.

Tomato Rice. Stewed Peas. Potatoes.
Biscuits, Butter, Honey. Brazil Nuts.

SUMMER.

I.

Breakfast.

Fresh Fruit. Stewed Raisins. Pine Kernels.
Oatcake. Bread, Butter, Jam.

Lunch.

Fruit Salad. Pea Nuts. Imperial Cream.
Bread, Biscuits, Shortbread, Butter.

Dinner.

Savoury Omelet. Stewed Marrow. Potatoes.
Biscuits, Butter. Pound Cake. Cashew Nuts.

II.

Breakfast.

Fresh Fruit. Brazil Nuts.
Fruit Rolls. Bread, Butter, Honey.

Lunch.

Fresh Fruit. Brazil Nuts.
Baked Green Corn, Melted Butter.
Milk Rolls. Biscuits, Butter, and Honey.

Dinner.

Stewed Peas and Lettuce. New Potatoes.
Sponge Pudding and Fig Sauce.
Biscuits, Butter.

III.

Breakfast.

Fresh Fruit. Stewed Dates. Ground Nuts.
Egg Bread. Biscuits, Butter, Jam.

Lunch.

Raspberries and Cream.
Potato Soufflé.
Short Cakes. Bread, Butter, Biscuits.

Dinner.

Nut Cutlets, Tomato Sauce. Potatoes.
Fruit Creams. Biscuits, Butter.

IV.

Breakfast.

Fresh Fruit. Almonds. Baked Bananas.
Milk Rolls, Lemon Marmalade, Butter.

Lunch.

Fresh Fruit. Brazil Nuts.
Or—
Cucumber Salad. Flat Cake.
Egg Bread, Biscuits, Butter.

Dinner.

Baked Stuffed Tomatoes.
Stewed Broad Beans. Potatoes.
Biscuits, Butter, Honey. Pine Kernels.

V.

Breakfast.

Fresh Fruit. Stewed Figs. Brazil Nuts.
Bread, Biscuits, Butter, Marmalade.

Lunch.

Strawberries. Pine Kernels.
Creamed Potatoes.
Bread, Biscuits, Butter.

Dinner.

Spinach Ramekins. Roast Potatoes.
Rote Grütze and Custard Sauce.
Biscuits, Butter.

VI.

Breakfast.

Fresh Fruit. Prune Jelly. Ground Nuts.
Oatcake, Bread, Butter, Honey.

Lunch.

Fresh Fruit and Nuts in Season.
Or—
Asparagus au Beurre.
Cream Cake.
Bread, Butter, Biscuits, Jam.

Dinner.

Galantine. Potato, Pea, and Asparagus Salad.
Bakewell Pudding.
Biscuits and Butter.

AUTUMN.

I.

Breakfast.

Fresh Fruit and Filberts.
Grape Nuts and Thick Cream.
Oat Bread, Biscuits, Marmalade, Butter.

Lunch.

Fresh Fruit. Walnuts.
Or—
Cauliflower Moussé.
Pound Cake.
Bread and Biscuits, Butter, Jam.

Dinner.

Small Butter Beans with Tomato Purée.
Stewed Cabbage. Mashed Potatoes.
Stewed Nectarines and Ground Almonds.
Biscuits, Butter.

II.

Breakfast.

Fresh Fruit and Kentish Cobs.
Furmenty, with Stewed Raisins and Hot Milk.
Bread, Biscuits, Butter, Jam.

Lunch.

Fresh Fruit. Pine Kernels.
Or—
Carrots à la Maître d'Hôtel.
Shortbread, Fruit Rolls, Biscuits, Butter.

Dinner.

Rice Pilau. Baked Potatoes. Stewed Onions.
Biscuits, Butter, Honey. Brazil Nuts.

III.

Breakfast.

Fresh Fruit. Walnuts.
Scrambled Eggs and Fried Potatoes.
Oatcake, Bread, Butter, Marmalade.

Lunch.

Fresh Fruit. Hazelnuts. Dates.
Curd Cheese. Flat Cake. Bread, Biscuits, Butter.

Dinner.

Nut Mince.
Steamed Cauliflower. Brown Potato Mould.
Prune Jelly. Biscuits, Butter.

IV.

Breakfast.

Fresh Fruit. Brazil Nuts.
Wheatmeal Porridge. Prunes.
Scalded Scones. Bread, Butter, Apple Marmalade.

Lunch.

Fresh Fruit. Kentish Cobs.
Or—
Turnips baked au Beurre.
Short Cake. Bread, Biscuits, Butter, Curd Cheese.

Dinner.

Stuffed Marrow. Roast Potatoes.
Baked Fruit-cake Pudding.
Biscuits, Butter.

V.

Breakfast.

Fresh Fruit. Kentish Cobs.
Eggs au Beurre.
Fruit Rolls. Biscuits, Butter, Jam.

Lunch.

Mixed Salad. Brazil Nuts.
Baked Milk Pudding.
Bread, Biscuits, Cream Cheese, Butter, Honey.

Dinner.

Tomatoes stuffed with Chestnuts. Fried Potatoes.
Apple and Fig Tart.
Biscuits, Butter.

VI.

Breakfast.

Fresh Fruit. Walnuts.
Porridge of Rolled Oats, Cream.
Egg Bread, Biscuits, Butter, Honey.

Lunch.

Fresh Fruit and Cob Nuts.
Or—
Fried Slices of Aubergine with Tomato Purée.
Sponge Cake.
Milk Rolls. Biscuits, Butter, Honey.

Dinner.

Celery Soufflé. Sauté Potatoes.
Date Pudding. Cashew Nuts.
Biscuits, Butter.

WINTER.

I.

Breakfast.

Brazil Nuts and Fresh Fruit.
Oatmeal Porridge with Stewed Raisins and Hot Milk.
Scalded Scones. Biscuits, Butter, Jam.

Lunch.

Fresh Fruit. Almonds and Raisins.
Scalloped Tomatoes. Curd Cheese.
Bread, Biscuits, Butter.

Dinner.

Haricot Stew en Casserole. Brussels Sprouts.
Biscuits, Butter, Honey. Pine Kernels.

II.

Breakfast.

Fresh Fruits. Walnuts.
Poached Eggs.
Fruit Rolls. Bread, Honey, Butter.

Lunch.

Fresh Fruit. Pecan Nuts.
Or—
Baked Onions with Brown Sauce and Baked Potatoes.
Short Cakes. Cream Cheese.
Bread, Biscuits, Butter and Honey.

Dinner.

Pototo Roast with Tomato Sauce. Stewed Celery.
Lemon Tartlets. Cashew Nuts.
Biscuits, Butter.

III.

Breakfast.

Fresh Fruit.
Fried Potatoes and Roast Pine Kernels.
Fruit Rolls. Biscuits, Butter, Jam.

Lunch.

Fresh Fruit. Brazil Nuts.
Or—
Stewed Beetroot with Egg Sauce.
Cream Cheese. Flat Cake.
Milk Rolls. Biscuits, Butter.

Dinner.

Nut Roast with Onion Sauce.
Potatoes. Stewed Turnips.
Biscuits, Butter, Honey.

IV.

Breakfast.

Fresh Fruit. Chestnut Purée.
Plain Bread, Biscuits, Butter, Honey.

Lunch.

Fresh Fruit. Walnuts.
Or—
Beetroot and Celery Salad.
Pound Cake.
Bread, Biscuits, Curd Cheese, Butter, Honey.

Dinner.

Italian Rice. Stewed Artichokes with Egg Sauce.
Short Cakes. Pine Kernels. Biscuits, Butter.

V.

Breakfast.

Fresh Fruit and Almonds.
Baked Tomatoes.
Egg Bread, Biscuits, Butter, Marmalade.

Lunch.

Fresh Fruit. Pine Kernels.
Potatoes à la Maître d'Hôtel.
Dates.
Egg Bread, Biscuits, Butter, Jam.

Dinner.

Spaghetti Cutlets, Onion Purée Sauce.
Banana Soufflé. Pea Nuts.
Biscuits, Butter.

VI.

Breakfast.

Fresh Fruit. Pecan Nuts.
Baked Eggs.
Bread, Oatcake, Butter, Jam.

Lunch.

Fresh Fruit. Brazil Nuts.

Or—

Scalloped Salsify.

Shortbread.
Bread, Biscuits, Cream Cheese, Butter, Jam.

Dinner.

Chestnut and Tomato Stew. Brown Potato Mould.
Biscuits, Butter, Honey.

III. THE IDEAL DIET

THE IDEAL DIET consists entirely of uncooked natural foods—*i.e.*, fresh fruits, dried fruits, nuts, cereals, and vegetables (pulse, root, leaf, etc.), in the form of salads —the number of meals not exceeding two.

It is not only outside the scope of a Cookery Book to describe an uncooked diet, but an entire volume would have to be devoted to it. Considerable study is needed, both of the theoretical and practical aspects of the diet, or there will be a danger of being discouraged by what may seem at first its bareness and monotony. To many people an absence of prepared dishes would suggest starvation, or would at least appear unappetising. There is no reason, however, that this should be so, for an infinite variety of dishes of a most tempting kind, savoury and sweet, pleasing alike to eye and palate, can be prepared without cooking.

As has been said, it is obviously impossible to describe such a diet in this volume, the object of which has been to lead people from the ordinary mixed diet to a non-flesh diet by such easy stages that they will experience no inconvenience from the change; but the authors would, at any rate, like in conclusion to indicate what in their opinion constitutes the ultimate ideal to be aimed at, and a few simple specimen menus are therefore given, in which prepared dishes which would necessitate recipes are avoided. For further information the reader must be referred to a work devoted entirely to the subject of the " Unfired Diet," which will shortly follow.

To prevent misunderstanding, it may be stated that many difficulties which were dealt with in the earlier part of the book fall away on "Unfired Diet." As foods are used only in their natural condition, no "unbalancing" of the food elements has taken place. Table salt and the sugar of commerce no longer offer any temptation, and all the necessary fat is found in nuts and olive oil. Uric acid problems vanish, as do also those as to the right amount to eat, and to the healthy digestion food combinations no longer constitute a difficulty, for it can be laid down as a general rule that all foods in their natural condition can be taken together. Nevertheless, the caution given in the earlier pages as to certain combinations should be noted, and in any case it may be stated in general that it would probably be wise on first adopting an uncooked diet to avoid fruit and salads or fruit and cereals at the same meal.

Milk, cream, and cheese are obviously out of place in the Ideal Diet, but those who have been accustomed to flesh foods may not at first be able to assimilate the proteids of nuts, and it may consequently be advisable to take these animal products for a time. They are therefore included in some of the menus, but it should be remembered that from the food reformer's point of view anything but pure curd or cream cheese is undesirable, because rennet and salt will have played their part in its production.

FIRST MEAL.

Grated Carrot and chopped white Cabbage Salad,
with Lime Juice and Olive Oil.
Grated Nuts.
Sliced Bananas and Oranges with Whipped Cream.
Dates.
Unfired Bread.

SECOND MEAL.

Lettuce and Tomato Salad,
with Lime Juice and Olive Oil.
Cream Cheese.
Dried Apricots (steeped) and Sliced Bananas with
Grated Nuts.
Unfired Bread.
Fresh Fruit.

FIRST MEAL.

Grated Beetroot and chopped Celery Salad.
Dressing of Whipped Cream, Lime Juice, and Honey.
Brazil Nuts.
Figs, either steeped or dry.
Unfired Bread.
Fresh Fruit.

SECOND MEAL.

Watercress, Radishes, and Lettuce Salad,
with Lime Juice and Olive Oil.
Curd Cheese.
Prune Mould and Almonds.
Unfired Bread.
Fresh Fruit.

FIRST MEAL.

Grated Parsnips, Carrots, and chopped Brussels Sprouts,
with Lime Juice and Olive Oil.
Hazel Nuts.
Dried Pippins (steeped), Flaked Wheat, Cream.
Fresh Fruit.

SECOND MEAL.

Green Corn and Chicory Salad,
with Lime Juice and Oil.
A Mild Fresh Cheddar Cheese.
Or—
Nuts.
Sliced Bananas and Oranges, covered with Pine Kernels.

FIRST MEAL.

Scraped Beetroot, Cauliflower, and Spinach Salad,
with Lime Juice and Oil.
Pecan Nuts.
Steeped Raisins.
Fresh Fruit.

SECOND MEAL.

Lettuce, Cucumber, and Tomato Salad,
with Lime Juice and Oil.
Dutch Cream Cheese or Grated Nuts.
Dried Pears (steeped), with Flaked Oats.
Fresh Fruit.

GRADED MENUS FOR INVALIDS

INVALID DIETARY

In many cases of illness it is frequently desirable to keep the patient on fruit-juice alone for a time, and the following menus have been so arranged as to lead the invalid gradually back from the fruit-juices to the ordinary diet.

It should be remembered that starch and cooked fats are among the most difficult things for people suffering from digestive troubles to deal with.

Starch should therefore be given in a form easily assimilated, such as—

Barley drink or barley jelly.
Crisp biscuits made of malted barleymeal.
Thin crisp wafers of wholemeal.
Grape nuts.
Gluten meal.
Rice well cooked.
Finely shredded banana.

In many digestive troubles it is better that fat should not be cooked, but taken in the form of pure olive-oil, nut butter, or thin cream off the top of the milk.

INVALID MENUS

I.

Breakfast.—The juice of three or four oranges made hot by standing the vessel containing them in boiling water, sweetened if necessary with honey. Biscuits of malted barleymeal.

Lunch.—Grapes, Barley Malt Biscuits.

Dinner.—Barley Lemon Jelly with Baked Apple Pulp and Cream, Barley Biscuits.

II.

Breakfast.—Baked Apples and Grape Nuts.

Lunch.—Banana. After peeling, carefully scrape, removing all stringy parts; shred the fruit into thin slices lengthwise and dress with olive-oil and lemon-juice, and allow it to stand covered up for ten minutes before eating. Biscuits of Malted Barleymeal.

Dinner.—Prune Bran Jelly with Cream, Biscuits of Malted Barleymeal.

III.

Breakfast.—Stewed Apples, Hot Milk, Barley Biscuits.

Lunch.—Baked Tomatoes without Butter, Grape Nuts and Curd Cheese, Thin Crisp Wholemeal Biscuits.

Dinner.—Fig Bran Jelly and Cream, Biscuits of Malted Barleymeal.

IV.

Breakfast.—Stewed Raisins (stoned) with Grape Nuts and Hot Milk.

Lunch.—Baked Rice Pudding, Baked Apples, Barley Biscuits, and Pine Kernel Cream.

Dinner.—Tomatoes steamed with White of Egg and Cream; Thin Wholemeal Bread and Butter.

V.

Breakfast.—Stewed Apples and Raisins, Hot Milk, Barley Biscuit.

Lunch.—Stewed Onions, Baked Potatoes, Curd Cheese, Wholemeal Bread and Butter.

Dinner.—Steamed Egg and Tomato, Wholemeal Toast and Butter.

VI.

Breakfast. — Grapes, Barley Biscuits, Pine Kernel Cream.

Lunch.—Sliced Tomato dressed with Oil and Lime Juice; Curd Cheese and Wholemeal Biscuit.

Dinner.—Steamed Egg, Wholemeal Bread and Nut Butter, Honey.

VII.

Breakfast.—Porridge of Gluten Meal with Baked Apples and Stewed Raisins; Biscuits of Malted Barley-meal.

Lunch. — Baked Banana with Oil and Lemon or Orange Juice; Wholemeal Biscuits and Nut Butter.

Dinner.—Barley and Onion Soubise, Toasted Wholemeal Bread, Biscuits and Honey or Bran Jelly.

VIII.

Breakfast.—Baked Apples, Stewed Raisins and Grape Nuts, Hot Milk.

Lunch.—Baked Potatoes with Oil and Lemon-Juice; Curd Cheese; Wholemeal Bread, Butter, and Honey.

Dinner.—Steamed Rice and Apple Soufflé, Honey and Biscuit, or Bran Jelly, Pine Kernel Cream.

IX.

Breakfast.—Puffed Rice and Stewed Raisins, Wholemeal Bread and Butter and Honey, Hot Milk.

Lunch.—Eggs en Cocotte; Bread, Butter, and Raw Tomato.

Dinner.—Steamed Banana and Apple Soufflé, Barley Biscuits and Nut Butter.

X.

Breakfast.—Banana and Orange Salad dressed with Oil and Lime-Juice; Bread, Butter, and Honey.

Lunch.—Baked Rice Pudding, Stewed Prunes, Barley Biscuits, Nut Butter.

Dinner.—Steamed Tomato Soufflé, Bran Jelly with Apple Sauce, Wholemeal Toast and Butter.

MENU FOR CHRISTMAS-DAY DINNER.

Cream of Celery Soup.
Rice Fingers, Parsley Sauce.
Nut Roast, Tomato Sauce.
Roast Potatoes. Artichokes.
Plum-Pudding. Mince-Pies.
Mushroom Purée in Ramekin Cases.
Dessert.

INDEX

THE END

CHISWICK PRESS : PRINTED BY CHARLES WHITTINGHAM AND CO.
TOOKS COURT, CHANCERY LANE, LONDON.